This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

SCHLESINGER LIBRARY
RS L5R1 N

Mrs. Shaw's Receipt Book

Digitized by Google

Schlesinger Library
Radcliffe College

Culinary Collection
From the Collection of
Sophie Coe

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

MRS. SHAW'S RECEIPT BOOK

AND

HOUSEKEEPER'S ASSISTANT.

Digitized by Google

"She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."

Digitized by Google

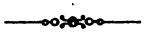
MRS. SHAW'S

RECEIPT BOOK

AND

HOUSEKEEPER'S ASSISTANT.

By MRS. O. M. SHAW.



PORTLAND, ME.:
LORING, SHORT, AND HARMON.
BOSTON: NICHOLS AND HALL.
1878.

Digitized by Google

641.5
S535m

Copyright, 1877,
By Mrs. O. M. Shaw.

Cambridge:
Press of John Wilson and Son.

Digitized by Google

PREFACE.

In compliance with the request of many friends, I venture to present this work to the public, in the hope that it may supply a want which I felt so seriously in the early days of my housekeeping experience. From that time, it has been my rule to preserve every receipt which proved successful; and, after twenty years' experience, I feel some confidence in offering a few hints, in connection with the receipts, which have all been tested with perfect success. Should any fail, I ask the indulgence of my readers, and beg them to try again, and, perhaps, with a little more care, — as accuracy, next to cleanliness, is of the greatest importance in cookery. All cooking utensils should be the perfection of neatness, and it is scarcely necessary to say the same of the kitchen and store-room. Much time might be saved by having every thing in order and at hand convenient for use. It should be remembered that "any thing worth doing at all is worth doing well." The comfort of home depends very much upon the arrangement of the kitchen. Work should be done quietly, and at the proper season.

Digitized by Google

All orders should be given before serving meals: a good dinner is often spoiled by confusion. If *possible*, the mistress of a household should always be pleasant and calm. It is impossible for a mistress to order or superintend, unless she be competent. First, she should instruct herself, then her servants. Each person must have a system of her own. It would be presumptuous for me to ask all to follow my plans: "experience is the best teacher;" and I can only hope the few suggestions I have given may be of some use.

My thanks are due to many of my lady friends for their kindness in giving me receipts tried by themselves and proved to be good. That this book may be received and honored by the kindness of the American ladies, to whom I dedicate it, with the earnest desire that it may prove a friend in many households, has been my object in writing it.

MRS. SHAW.

Digitized by Google

INDEX.

SOUPS.

	PAGE
Introductory Remarks	1
A Good Stock for Soups	1
Aspic Jelly	12
Bean Soup	11
Beef and Vegetable Soup	10
Bread Crumbs for Soup	1
Brown Flour	2
Brown Thickening	2
Celery Soup	7
Chantilly Soup	11
Chicken Broth	9
Chicken Soup	2
Clam Soup	11
Egg Balls for Soup	11
Force-meat Balls	3
Green Corn Soup	6
Green Turtle Soup	3
Julienne Soup	4
Lobster Soup	7
Macaroni Soup	7
Mock Turtle Soup	4
Mulligatawney Soup	5
Mutton Broth	9
Noodles for Soup	2
Ox Tail Soup	2
Oyster Soup, No. 1	8
No. 2	8
No. 3	8
without Milk	8
Pea Soup	6
Portable Soup	12
Potato Soup	5
Tomato Soup	6
Vegetable Soup	5
Vermicelli Soup	7

FISH.

Introductory Remarks	13
A Casserole of Fish	21
Anchovies	20
Baked Bass	17
Eels	19
Haddock	15
Halibut	17
Shad	18
Trout	15
Boiled Fresh Cod	14
Halibut	16
Herrings	19
Mackerel	18
Salmon	13
Salt Cod	14
Broiled Herrings	20
Mackerel	17
Salmon	13
Shad	18
Bull-heads or Horn-pout	20
Eels	19
Flounders	20
Fried Fresh Cod	14
Halibut	16
Pickerel	19
Trout	16
White Perch	16
Mackerel à la Maitre d'Hôtel	18
Pickerel Chowder	19

Digitized by Google

		PAGE
Salt Codfish Balls		14
	Hash	15
	with Cream	15
Sardines		20
Smelts		17
Tongues and Sounds		20
White Perch Chowder		16
Clams:	Boiled	25
	Chowder	24
	Fried	24
	in Batter	24
	au Crème	24
Oysters:	Boiled	23
	Broiled	22
Oysters:	Cutlets	23
	Devilled	23
	Escalloped	21
	Fried	22
	in Batter	22
	On the Half Shell	21
	Patties	21
	Roasted	22
	Stewed	23
	Toast	23
	Vol au Vent	23
Muscles		25
Scallops		25
Soft Shell Crabs		25

MEATS.

		PAGE
Beef:	Remarks	25
	à la Mode	28
	Boiled	26
	Cakes or Balls	28
	Corned, Boiled	29
	Pressed	29
	Minced, on Toast	28
	Pie	27
	Roast Ribs	26
	Sirloin	26
	Round, Stewed	26
	Steak, Broiled	27
	Fried	27
	Stewed	27
	and Onions	28
	Tongue	29
	Warmed Over	29
Veal:	Remarks	30
	Calves' Head and Pluck	31
	Cutlets	31
	Pie	30
	Potted	31
	Roast	30
	Steak	32
	Stuffed Leg	30
Mutton:	Remarks	32
	Boiled Leg	32
	Chops, Breaded	33
	Plain	33
	Roast	32
	Leg	32
Lamb:	Cutlets, Breaded	33
	Plain	33
	Leg, Boiled	33
	Roast	33
Pork:	Remarks	33
	Ham, Boiled	35
	Broiled	35
	Fried	35
	Roast	35
	Hog's Head Cheese	36
	Rasher of Salt Pork	35
	Roast Pig	34
	Soused Pigs' Feet	36
	Spare Rib	34
	Steak	34
	Fried	34
Tripe:	Boiled	36
	Broiled	37
	Fried	36

Digitized by Google

POULTRY.

	PAGE		PAGE
Remarks	38	Prof. Soyer's Way of Cooking a Goose	42
Boiled Chicken	39	Roast Capons	39
Boiled Chicken with Cream and Dumplings	40	Chicken	39
Boiled Turkey	39	Duck	41
Broiled Chicken	39	Goose	41
Brown Fricassee	40	Turkey	38
Chicken Pie	40	Stewed Duck	41
Fricasseed Chicken	40		

GAME.

Venison:	Remarks	42	Pigeons:	Broiled	43
	Haunch	42		Fried	43
	Pie	43		Potted	43
	Steak	43		Pie	44
Hare		44	Plover		45
Partridge,	Broiled	44	Quail on Toast		44
	Potted	44	Raccoon, Baked		45
	Roast with Chestnut Dressing	44	Squabs		45
			Woodcock		45

DRESSING.

A Nice Dressing for Turkey or Chicken	45	To bone a Turkey	46
Chestnut Dressing	46	To clarify Beef Drippings	37
Onion Dressing for a Goose	45	To make Sausage Meat	37
		To salt Pork or Beef	37

GRAVIES AND SAUCES.

Anchovy	49	Caper	47
Bechamel	50	Celery	48
Bread	50	Champagne	51
Brown	47	Curry	50
Butter	50	Curry, Real India	52

Digitized by Google

	PAGE
Dish Gravy	50
Drawn Butter	47
Egg	48
Game	50
German	52
Giblet	47
Horse-radish	51
Lobster	49
Lyonnaise	52
Madeira	52
Matelotte	51
Mint	48
Mushroom	51
Oyster	48
Parsley	49
Piquant	49
Shrimp	49
Tomato	48
Truffle	51
White	48

VEGETABLES.

Artichokes	65
Asparagus	55
Sauce	55
Beans: Baked	58
Haricot	57
Lima	58
String	57
Beets	58
Pickled	59
Cabbage, Boiled	59
Red, German Way	60
Carrots	61
German Way	61
Mashed	61
Cauliflower	60
Celery	64
Stewed, with Cream	64
Cucumbers	64
Dressed	65
in German Style	65
Egg Plant	64
Green Corn	57
Green Peas	57
Greens	59
Horse-radish	66
Leeks	65
Lettuce	64
Mushrooms	64
Onions: Boiled	63
Fried	63
Burnt for Gravies	63
Parsnips: Boiled	60
Fried	60
in Crumbs	61
Potatoes: Baked	53
with Roast Beef	56
Boiled or Steamed	53
Balls	54
Fried	53
Lyonnaise	54
Mashed	53
Stewed	54
Snow	54
Radishes	66
Salsify or Vegetable Oyster	63
Shallots	63
Spinach	59
with Cream	59
Squash: Summer	56
Winter	56
Succotash	58
Sweet Potatoes	55
Fried	55
Tomatoes: Baked	62
Broiled	62
Escalloped	62
Stewed	62
Stuffed	62
Tomato Rice	62
Truffles	65
Turnips	56
Ruta Baga	56
Vegetable Hash	66
Marrows	57
Water Cresses	66

Digitized by Google

EGGS.

	PAGE
Eggs: Baked	67
Boiled	66
Dropped	67
Fried, with Ham	67
Poached	67
Scrambled	67
with Cheese	68
Omelet: Bread	69
Omelet: Ham	68
Milk	68
Oyster	69
Plain	68
Spanish	68
Strawberry	69
Sweet	69
with Sweet Herbs	69

ENTRÉES AND SIDE DISHES.

Beef Kidneys à la Fifth Avenue	73
with Wine Sauce	73
Bonne Bouche of Cheese	77
Boiled Marrow Bones	76
Broiled Bones	76
Calves' Feet au Fritur	77
Liver with Madeira Sauce	74
Corn Oysters	72
Curried Beef	75
Lamb	75
Rice	70
Cutlets à la Italienne	76
Reform	77
D'Almoys, a Turkish Dish	78
Escalloped Lobster	80
Friar's Chicken or Rabbit	75
Fried Apples	83
Salmon Roe	79
Fritters: Apple	71
Orange	71
Peach	71
Rice	70
Frogs' Legs: Broiled	80
Stewed	81
Grilled Salmon	79
Lambs' Fries	75
Lobster Baked in the Shell	80
Macaroni: A Delicious Dish	72
Macaroni: à la Rhine	72
Boiled	72
in Milk	73
Marrow Toast	76
Miroton of Beef	78
Lobster	78
Omelette au Thou	83
Ox Tails with Wine Sauce	74
Prof. Soyer's Blanquettes of Turkey	79
Quenelles of Chicken	74
Raymons de Mouton	77
Rice Croquettes, No. 1	69
No. 2	70
Salad: Chicken	81
Cold Slaw	83
French	82
German	82
Italian	82
Lobster	81
Partridge	81
Potato	82
Salmon, or Mayonnaise	82
Salad Mixture	81
Sweet Breads à la Toulouse	73
Broiled	73
Sweet Potato au Fritur	71
Turkeys' Wings with Wine Sauce	74
Welsh Rabbit	71

Digitized by Google

BREAD.

	PAGE
Remarks	84
Yeast, Hop	84
Potato	84
Bread	85
Brown Bread, No. 1	86
No. 2	86
No. 3	87
Mt. Desert	87
Fried	94
Graham Bread, No. 1	86
No. 2	86
Potato	85
Pulled	87
Rye	85
Cream Biscuit	88
Jenny Lind Tea Biscuit	89
Soda Biscuit	88
Parker House Rolls	87
Popovers	88
Tea Rolls	88
Buns	90
Hot Cross Buns	90
Corn Cake, No. 1	89
No. 2	89
Hoe Cake	90
Johnny Cake	89
Rye Cakes	89
Muffins, No. 1	91
No. 2	91
Muffins, No. 3	91
Sally Lunn	90
Waffles, No. 1	91
No. 2	91
Cream	92
Quick	92
Rice	92
Buckwheat Griddle Cakes	92
Indian Meal	92
Rice	92
French Pancakes	93
Shrove Tuesday Pancakes	93
Strawberry	93
Hasty Pudding	93
Hominy	94
Oatmeal	94
To boil Rice	94
Strawberry Short Cake	88
Buttered Toast	95
Milk	94
Sandwiches: Devilled	95
Ham	95
Partridge	96
Tongue	95
Devil Mixture for Sandwiches	95
To make Sandwiches for an Evening Party	96

PASTRY.

Remarks	96
Common Paste	97
Puff	97
Potato	97
To ice Pastry	97
Apple Pie, No. 1	99
No. 2	99
A Nice Apple and Jelly Pie	105
Cherry Pie	100
Cocoanut	104
Cracker Mince Pie	98
Cranberry	101
Cream Pie	105
Custard	104
Jelly Tarts	105
Lemon Pie, No. 1	102
No. 2	102
No. 3	103
No. 4	103
No. 5	103
Lemon Cheese Cakes	106
Lemon Cheese Cakes that will keep seven years	106
Marlborough Pie	99

Digitized by Google

	PAGE
Marmalade Pie	102
Mock Apple	99
Mince Pie, No. 1	97
No. 2	98
Orange Cheese Cakes	106
Pan Dowdy	102
Pastry Sandwiches	105
Peach Pie	101
Peach Pot Pie	101
Pumpkin	100
Quince Pie	101
Rhubarb	99
Rice No. 1	104
No. 2	104
Strawberry	100
Tart	100
Squash Pie	100
Sweet Potato Pie, No. 1	103
No. 2	104

PUDDINGS.

To make Pastry Cream for Puddings	107
To make Suet Pastry	107
Apple: à la Douglass	111
Baked	110
Bird's Nest	111
Dumplings, Baked	112
Boiled	111
Steamed	111
Suet	111
Tapioca	110
Apricot or Peach Pudding	121
Batter	117
Steamed	117
Bread, No. 1	118
No. 2	118
Fried	118
Bridgewater	119
Brown Betty	121
Cabinet	120
Cocoanut, No. 1	116
No. 2	116
Cold Sauce	119
Corn Starch, No. 1	113
No. 2	113
Cottage	108
Mrs. Cornelius'	108
Cracker Fruit	114
Plum	114
Cranberry Roll	109
Date	108
Delhi	110
English Plum	113
Farmers'	116
Floating	117
Flour Suet	109
Fig	119
Foam Sauce	118
Frozen Peach, No. 1	122
No. 2	122
Garnish Pudding for Roast Goose	107
German	119
Puffs	121
Harrison	115
Honey	117
Huntington	115
Iced Almond	121
Fruit	122
Indian	109
Orange	120
Batter	120
Pound	118
Pastry Cream Strawberry	108
Quaking	110
Queen	114
Quick	109
Quick Flash	119
Roan	114
Salem	116
Snow	113
Steamed	109
Strawberry Iced	122
Sullivan	116
Sunderland	117
Swiss	112
Tapioca	112
Cream	112
Tom	115
Yorkshire	107

Digitized by Google

DESSERTS.

	PAGE
A Charlotte	130
Almond Macaroons	133
Ambrosia	124
Apple Snow	123
Soufflée	123
Bisque	130
Candied Orange Peel	134
Charlotte Russe, No. 1	131
No. 2	131
Cocoanut Cakes	133
Whips	133
Cornucopias	135
Cream: Almond	129
Coffee	129
Chocolate	129
Italian	128
Roman	129
Swiss	128
Velvet	128
Cream Cheese	133
Custard Caramel	134
Custard: Almond	125
Boiled	125
Custard: Rice	125
Delmonico Dessert	123
Dutch Flummery	125
Eggs à la Surprise	124
Floating Island	126
Gateau de Pomme	123
Ice Cream	126
Fruit	126
Strawberry	126
Irish Moss Blanc Mange	130
Kisses	132
Cocoanut	132
Jelly	132
Meringues	131
Orange Jelly	132
Salad	124
Sherbet: Lemon	127
Orange	127
Strawberry	127
Syllabub	127
Tipsy Cake	126
To make a Sugar Basket	134
Whipped Cream	127

CANDY.

Candy: Butter Taffy	137
Cream	136
Hoarhound	136
Honey	136
Candy: Molasses	135
Peanut	136
Taffy	135
Vinegar	137

COFFEE, TEA, AND CHOCOLATE.

To make Coffee	137
Chocolate	138
Tea	138
A Substitute for Cream	138
Whipped Cream for Coffee	138

Digitized by Google

WINES AND PUNCHES.

	PAGE		PAGE
Blackberry Cordial	140	Lemonade	142
Cherry Brandy	141	Lemon Shrub	141
Bounce	141	Mead	142
Claret Cup	143	Mulled Wine	143
Punch	143	Negus	143
Currant Wine	138	Raspberry Shrub	142
Egg Nog	144	Rhubarb	141
Elderberry Wine	139	Wine	139
Fruit Punch	142	Spruce Beer	140
Ginger Beer	140	Temperance Punch	143

CAKE.

General Directions	144	Doughnuts, No. 1	162
To blanch Almonds	145	No. 2	162
Cake: Almond, No. 1	157	Raised	163
No. 2	158	Sour Cream.	162
Arrowroot	153	Cake: Dried Apple	161
Black	145	Egg	160
Blueberry, No. 1	161	Election, No. 1	147
No. 2	161	No. 2	147
Bowl	150	Feather	160
Cheap	160	French Tea	158
Chocolate	156	Fruit, No. 1	145
Jelly	156	No. 2	146
Cider, No. 1	151	No. 3	146
No. 2	151	Ginger Biscuit	165
Citron	148	Gingerbread: Sugar, No. 1	165
Cocoanut, No. 1	154	No. 2	166
No. 2	154	Apple	165
No. 3	154	Molasses	166
Jumbles	162	Soft	164
Cookies	163	Ginger Snaps	165
Currant	164	Cake: Gold	153
Drop	163	Corn Starch	154
Molasses	164	Hannah's	148
Cake: Coffee	149	Harrison	148
Cream	159	Howard	149
Cream Cakes	155	Ice Cream	158
Pie	155	Imperial	147
Crullers	163	Indian Pound	151
Cake: Cup	151	Jelly	155
Currant	146	Roll	156
Dayton	158	Jumbles	162
Delicate	159	Cake: Lady Abbess'	153

Digitized by Google

	PAGE
Cake: Lady Fingers	153
Lemon	157
Lemon Drop	157
Lemon Tea	157
Lizzie's	148
Little Plum	146
Loaf	147
Marble	159
Med's Orange	156
Mrs. R.'s	164
Orange Sponge	152
Pickering	152
Pound, No. 1	151
No. 2	151
Pork	149
Poor Man's	159
Raisin	147
Raised Dough	148
Rice	158
Sarah's	160
Saunders	149
Cake: Seed	161
Shrewsbury	150
Silver	153
Corn Starch	154
Snow Balls	163
Spice	150
Sponge, No. 1	152
No. 2	152
No. 3	152
No. 4	152
Tea	160
Tunbridge	149
Walnut	150
White Cup	159
Mountain	160
Without Egg	150
Washington Pie	156
Frosting: Chocolate	166
Egg, No. 1	166
No. 2	166
Gelatine	166

PRESERVES AND JELLIES.

Apple Jelly	173
Baked Apples	175
Apple Sauce	174
Blackberries	169
Blueberries	169
Brandy Peaches	168
Cider Apple Sauce	174
Citron Melon	171
Compote of Apples	171
Oranges	172
Plums	171
Cranberry Sauce	175
Crab Apples	170
Currants	169
Currant Jelly	173
without Cooking	173
Damsons	169
Damson Jam	170
Dried Apple Sauce	174
Gooseberry Jam	169
Hogarth's Orange Marmalade	172
Peaches	167
Peach Marmalade	172
Pears	167
Pineapples	168
Quinces	170
Quince Marmalade	172
Raspberries	168
Stewed Prunes	175
Strawberries	168
Syrup for Compotes	171
Wine Jelly	175

PICKLES.

Cauliflowers	178
Chow Chow	177
Cucumbers, No. 1	176
No. 2	176

Digitized by Google

	PAGE		PAGE
Eggs	181	Piccalilli	177
Lemons	180	Shirley Sauce	179
Mangoes	178	Tomatoes, No. 1	176
Martinias	179	No. 2	177
Oysters	180	Tomato Soy	178
Peppers	179	Walnuts	179

SWEET PICKLES.

Cherries	182	Gooseberries	182
Citron Melon	182	Peaches	181
Crab Apples	181	Plums	181
Currants	182	Ripe Cucumbers	183
Damsons	182	Russian Bear	183

KETCHUP.

Chili Sauce	184	Celery Vinegar	185
Mushroom	184	Cider	185
Oyster	184	To mix Mustard	185
Tomato	183		

FOOD AND DRINK FOR INVALIDS.

Arrowroot Blanc Mange	185	Ginger Tea	188
Gruel	186	Indian Meal Gruel	185
Barley Water	187	Oatmeal Gruel	186
Beef Tea	9	Plum Porridge	186
Camomile Tea	188	Rennet Custard	187
Corn Starch Porridge	186	Rice Flour Blanc Mange	187
Crust Coffee	188	Gruel	185
Essence of Beef	10	Milk	186
Farina Gruel	186	Thoroughwort Syrup	188
Flaxseed Tea	188	Toast Water	187

MISCELLANEOUS.

Burns and Scalds	193	Epilepsy	193
Convulsions	192	Fainting	193
Cuts	192	Fits	194

Digitized by Google

	PAGE
Liniment for Rheumatism .	191
Marshall Hall's Ready Method in Asphyxia . .	194
Mustard Draft	192
Sore Throat	192
To clean Silks or Ribbons .	189
make old Crape look as Good as New . . .	189
make Bandoline . . .	190
Lavender Water .	190
Washing Fluid .	190
To preserve Cut Flowers .	189
revive .	189
renew Velvet	189
remove Freckles . . .	191
Ink Stains . .	191
Iron Rust . .	191
kill Roaches or Water-bugs	191
wash Brushes	190
Weights and Measures . .	xix

Digitized by Google

WEIGHTS AND MEASURES.

Wheat Flour . .	1 pound is 1 quart.
Indian Meal . . .	1 pound and 2 ounces is 1 quart.
Butter melted . .	1 pound is 1 pint.
Sugar	1½ pounds is 1 quart.
10 Eggs	1 pound.

LIQUID MEASURE.

1 wine-glass	½ gill.
4 large tablespoons	½ gill.
8 „ „	1 gill.
16 „ „	½ pint.

1 common sized tumbler holds ½ pint.

Digitized by Google

Digitized by Google

MRS. SHAW'S RECEIPT BOOK.

SOUPS.

A Good Stock for Soups.

PUT into a good-sized soup-pot ten pounds (bone and meat) of the leg or shin of beef, an equal weight of veal, an old fowl, and the bone of a ham, all well cut, with water enough to cover. Set it on the fire to boil for two hours; then add six quarts of water, let it boil half an hour, skim thoroughly; after which, add six carrots, four onions, three turnips, two heads of celery (tops and all), twelve cloves, and season with salt to taste. Then let the stock boil four hours, remove all grease from the top, strain through a sieve into earthen pans, and set away for use.

Bread Crumbs for Soups.

Take several thin slices of stale bread and cut into inch squares. Have ready on the fire a frying-pan with boiling hot lard, into which drop the crumbs and fry to a light brown color. Skim them out, and drain on a sieve.

These will keep for days, and are nice to serve with all kinds of soup.

Digitized by Google

Brown Flour, for Browning Soups and Gravies.

Put one quart of flour into a clean dripping-pan, set it on the top of the stove and stir constantly until it is of a dark brown color. Be very careful that it does not burn, as this will give it a bitter taste.

Noodles for Soup.

One egg thickened with flour till stiff, roll out very thin, cut into narrow strips and drop into the soup.

Brown Thickening, for Soups and Gravies.

Mix two tablespoonfuls of browned flour with enough cold water to make a smooth paste, and add half a cup of boiling water.

Chicken Soup.

Take the bones and carcass of two chickens and a quarter of a pound of salt pork, with two quarts of water. Boil one hour, add a little salt, pepper, and flour thickening; take from the fire and strain. Pick from the bones some of the meat in small bits, and add to the liquor with half a teacup of boiled rice one head of celery, one cup of cream, and boil twenty minutes.

Ox Tail Soup.

Cut up an ox tail through the joints, put into the soup-pot and a little more than cover with cold

Digitized by Google

water. Boil one hour, or until the meat is tender; add a little brown thickening, remove from the fire and strain. Then add a carrot, an onion, celery cut fine, six cloves, a blade of mace, and return to the fire to boil until the vegetables are tender. Cut some of the meat from the ox tail, and put into the pot with the other ingredients. Serve with bread crumbs.

Green Turtle Soup.

Cut the head from the turtle the day before you wish to make the soup, and hang the body so that the blood will drain from it. Cut it up by dividing the back, belly, and fins from the intestines and lean parts. Be very careful to cut the gall out without breaking. Scald in boiling water so as to take off the skin and shell; cut the meat in small pieces and throw them into cold water.

Boil the back and belly in a little water long enough to extract the bones. Then make a good stock of a leg of veal, a slice of ham, and the flesh of the inside of the turtle, season with a lemon sliced, a little salt, pepper, and parsley to taste. Boil four hours; add the pieces of back, head, and fins, half a pint of Madeira wine, a lemon sliced thin, boil two hours, and serve with force-meat rolls.

Force-meat Rolls.

Take any kind of meat you may have cooked, chop very fine; add to it an onion, a carrot, and one cracker, all chopped fine; moisten with an egg or drawn butter; form into balls the size of a walnut,

Digitized by Google

make hard with the white of an egg, drop them into the hot soup, and cook a few moments.

Mock Turtle Soup.

Procure half a calf's head cleaned and scalded, take out the bones. Cut a knuckle of veal, put into a soup-pot (with some butter on the bottom to prevent its sticking) with half a pound of lean ham, a little salt, a carrot, a turnip, three onions, a head of celery, cover with water and set it on the fire, stirring occasionally for an hour; then add six quarts of water, and let it simmer on the back of the stove until the meat is tender. Take out the head, and press it between two dishes; put it away to cool. Take the liquor and strain, add a little thickening, put it on the fire again to boil, season with salt, pepper, and a cup of sherry wine. Cut the head into small square pieces and put into the soup, add a gill of cream, and serve.

Egg Balls (to serve with the above).

Chop a portion of the calf's head very fine, season well with salt, pepper, and sage, moisten with drawn butter and the yolk of an egg, make into balls about the size of a walnut, roll in fine cracker crumbs, and drop into the soup five minutes before taking up.

Julienne Soup.

Put four pounds of soup bones into an iron soup-pot or porcelain kettle, with four quarts of water; boil two hours, skimming carefully. After straining, return to the fire with a half cup of flour thick-

Digitized by Google

ening, keeping the four quarts good by adding water. Have ready two carrots, one turnip, one parsnip, cut in thin narrow pieces, one onion chopped fine, one glass of sherry wine, salt, pepper, and mace to taste. Add this to the stock, and boil until the vegetables are tender. Serve with fried bread crumbs.

Mulligatawney Soup.

Peel and slice one dozen onions, fry them with a little pork; add six unpeeled apples cut in slices, a little salt, pepper, and clove, half a cup of brown flour thickening, four tablespoonfuls of curry powder, and three quarts of good stock. Stir over the fire until the soup boils, strain and skim all grease from the top, and serve with fried bread crumbs.

Vegetable Soup.

Make a good stock with six pounds of soup bones and six quarts of water and salt. Boil three hours, and strain. Put on the fire again with four onions, four carrots, two turnips cut fine, one-half cabbage chopped, four potatoes chopped, one head of celery, one-half cup boiled rice; season with salt and pepper to taste, and boil one hour.

Potato Soup.

Put some bones into the soup-pot and cover with water, add a little salt and some celery tops, if you have them. Boil two hours, skimming occasionally, then strain. Put the soup again into the pot and on the fire. Have boiled nicely one dozen potatoes;

Digitized by Google

peel and mash them very fine, or pass them through a sieve, and add to the stock; season well with salt and pepper, and, if convenient, a cup of wine; boil a few minutes, and serve with bread crumbs.

Pea Soup.

Soak a quart of split peas over night. After washing in several waters, put them in a stewpan with half a pound of pork, a carrot, a head of celery, two onions, three quarts of broth or stock, and boil three hours. Take from the fire and strain through a sieve, and season with salt, pepper, and a little butter. Serve with fried bread crumbs, or toasted bread cut in small squares.

Green Corn Soup.

Boil in as little water as possible twelve ears of sweet corn. When tender, cut the kernels from the cob; put into a porcelain kettle the water in which the corn was boiled, with two quarts of milk, and the corn with half a pound of sweet butter and a little thickening. Salt and pepper to taste. Serve hot.

Tomato Soup.

Have ready two quarts of good stock made from soup bones or any meat you may have; season with onion, salt, and pepper, add a little flour thickening. Then add one dozen ripe tomatoes, or one quart of canned. Boil one hour, strain, and put back to boil fifteen minutes. Serve with fried bread crumbs.

Digitized by Google

Celery Soup.

Put what bones you may have into a soup-pot and boil two hours, keeping them well covered with water. Add a little salt, remove from the fire and strain through a sieve; put the liquor back into the pot and on the fire. Have cut into small pieces six heads of celery and four onions; add to the soup, also a little flour thickening and a pint of good stock, if you have it. Boil three-quarters of an hour, and serve with fried bread crumbs.

Macaroni Soup.

Have ready in the soup-pot two quarts of good stock made from bones, or made stock, which is always best; season to taste. Have some macaroni boiled tender and cut into inch lengths, add to the stock, boil a few minutes, and serve with grated cheese on a separate plate.

Vermicelli Soup.

Put into a stewpan one quart of good stock, add two ounces of vermicelli, season to taste, and boil half an hour.

Lobster Soup.

Chop the meat of one lobster, pound and sift three Boston crackers, add a piece of butter the size of an egg, a little salt and pepper; mix in the green of the lobster, and rub all together until smooth. Boil one quart of milk gradually, pour it over the paste, and boil about one minute. Serve hot.

Digitized by Google

Oyster Soup, No. 1.

Put one quart of oysters into a porcelain kettle, and two quarts of milk into another. When both have boiled, put them together in one kettle and boil up once. Have ready in the soup tureen four eggs beaten to a froth, a piece of sweet butter as large as a teacup; pour the oysters and liquor over this, and beat vigorously several minutes.

Oyster Soup, No. 2.

One quart of oysters, one-quarter of a pound of butter, one-half pint of flour, and one quart of milk. Stir all together until it boils.

Oyster Soup without Milk.

Make a nice stock from a knuckle of veal boiled two hours in a quart of water to a pound of meat, skim and strain, add one pint of fine cracker crumbs, pepper and salt to taste, and one quart of oysters; boil up once, and add a little butter.

Oyster Soup, No. 3.

Blanch three quarts of oysters, but do not boil them, strain them through a sieve; put a quarter of a pound of butter in a stewpan, when it is melted add six ounces of flour, and stir over the fire a few minutes; add the liquor from the oysters, two quarts of veal stock, one quart of new milk; season with pepper, mace, Harvey sauce, and essence of anchovies, — a tablespoon of each. Strain it through a colan-

Digitized by Google

der, and boil it ten minutes. Put the oysters in a tureen with a gill of cream, and pour the boiling soup over them.

Chicken Broth.

Take half a chicken, pour over it three coffee-cups of cold water, and simmer three-quarters of an hour; then add a teaspoon of salt, and two teaspoons of rice and boil till the rice is soft, keeping the sauce-pan well covered; add a little flour thickening. Take out the meat except a little of the breast, which should be cut in dice pieces and served with the broth. Skim off all the fat before serving.

Mutton Broth.

Cut four pounds of mutton in small pieces, add a little salt, a little more than cover it with cold water, put over a slow fire and boil three hours; keep it covered tightly only when skimming, which must be done often, for every particle of grease must be removed. Take from the fire and strain. Cut small pieces of the mutton and add to the stock, with a little flour thickening, and a half teacup of rice. Return to the fire and boil one hour. Season to taste with salt and pepper.

Beef Tea.

Take one pound of rump steak, put it over the coals and brown on both sides; be careful that no juice escapes. Then cut it in very small pieces on a plate, put into a stewpan with a little salt, and

Digitized by Google

just cover the meat with boiling water. Set it over the steam of the tea-kettle, or on the cool part of the stove, that it may steep, but not boil, for twenty minutes. Take from the fire and strain through a cloth wrung out of hot water, squeeze the meat that you may get all the juice from it, season to taste and serve with a thin slice of stale bread toasted.

Essence of Beef.

Take one pound of rump steak, cut it in thin slices, lay upon a plate and scrape quite fine with a sharp knife. When like sausage-meat, put it in a stewpan and stir over the fire five or ten minutes till it is thoroughly warmed through. Then add a pint of water, cover the stewpan as tightly as possible, and let it remain close to the fire or in a warm oven twenty minutes. Strain through a cloth, and add a little salt and pepper, if desired.

A Good Beef and Vegetable Soup for an Entire Dinner.

SOMETIMES CALLED IRISH STEW.

Take six pounds of beef with the bones, put into the soup-pot with six quarts of cold water; cover tight and boil three hours, skimming occasionally; season with salt and pepper. Have ready one dozen peeled raw potatoes, six parsnips, six onions, two turnips, six carrots, and one cabbage, all nicely sliced. Take the meat from the fire, remove the bones, return to the soup with the vegetables, and boil one hour.

Digitized by Google

Bean Soup.

Boil a beef bone as for soup; then put in a pint of black beans (turtle beans, as they are called), which have been soaked over night, let them cook four hours, or till they are very soft, and strain through a sieve; then put in the yolks of two hard-boiled eggs cut in slices or made into little balls, and add a lemon cut in slices.

Clam Soup.

One pint of round clams chopped, three potatoes chopped, boil together in two quarts of water till the potatoes disappear. Add a pint of milk with one egg beaten in it, and when boiling put in a tablespoon of corn starch. Season with salt, pepper, and butter.

Chantilly Soup.

Boil one quart of young green peas with a small bunch of parsley and two onions; rub them through a sieve, and add two quarts of boiling stock. Do not boil it after the peas are put in.

Egg Balls for Soup.

Boil four eggs ten minutes; when they are cold, put the yolks in a mortar with the yolk of a raw egg, a teaspoon of flour, some chopped parsley, a little salt and pepper; rub well together, roll into little balls, and boil them two minutes.

Digitized by Google

Portable Soup.

Let veal or beef soup get quite cold, then skim off every particle of fat, boil it till of a thick glutinous consistency. Care should be taken not to have the soup burn. Season it very highly with pepper, salt, cloves, and mace, add a little brandy or wine, and pour it on earthen platters not more than an inch in thickness. Let it be till cold, then cut in three-inch square pieces, set them in the sun to dry, often turning them. When very dry, put them in a tin or earthen dish, having a layer of white paper between each layer of cakes. These, if the directions are strictly followed, will keep good for a long time. Whenever you wish to make soup of them, put a quart of hot water to one of the cakes, boil any kind of vegetables, macaroni, vermicelli, or rice, and add, and you will have a good soup.

Aspic Jelly.

Put a quart of good stock in a stewpan, add six shallots, two bay leaves, a sprig of thyme, six cloves, a bit of mace, and four ounces of gelatine. Stir this over the fire till the gelatine is dissolved, then remove it from the fire to cool. Whip the whites of three eggs with half a pint of cold water and a tablespoon of vinegar, mix this with the jelly, and stir over the fire and boil ten minutes longer. Strain through a jelly bag or napkin, and cool.

Digitized by Google

FISH.

GREAT care should be taken in the selection of fish. If fresh, the eyes will be full, the flesh firm, and the odor sweet; but it is better to trust to the judgment of one who deals constantly in fish, than to your own.

In boiling fish, if you have no fish-drainer, tie or sew in a clean white cloth, that there may be no danger of breaking in removing it from the water. Fresh fish should be put into hot water, salted. Use cold water for salt fish.

In preparing fresh fish for frying or broiling, sprinkle a little salt over it, that it may penetrate thoroughly.

Salmon Boiled.

If a whole salmon is required, cut into perhaps three pieces, or gash it in three places and twist into the form of an S; put it in the fish-kettle, with a little salt, and cover with boiling water. Allow ten minutes' boiling to every pound of salmon, or one hour to a piece weighing six pounds. Serve on a napkin, dressed with hard-boiled eggs, sliced lemon, and parsley, with egg or lobster sauce.

Salmon Broiled.

Cut the fish in slices from one to two inches in thickness, dip each piece in flour or corn meal, put on a hot gridiron, turn occasionally until thoroughly

Digitized by Google

done. Serve with plenty of sweet butter poured over it.

Fresh Cod Boiled.

This fish is better cut in slices than boiled whole. Have the water boiling, put in the fish and cook slowly until done; you can easily tell by testing. If boiled too much, it is not so nice. Put a little salt in the water while boiling. Serve with oyster sauce.

Fresh Cod Fried.

Cut the fish in small pieces, dip in meal, and fry in pork fat.

Salt Codfish Boiled.

Put the fish to soak for a few hours, put it in the kettle with plenty of cold water, place it over the fire until it boils, then remove to a cool part of the stove and let it simmer for an hour. Serve with pork scraps or drawn butter.

Codfish Balls.

After having soaked and boiled as directed for Salt Codfish, mince very fine two cups of fish, and the same quantity of cold mashed potatoes; mix thoroughly, moisten with drawn butter and two beaten eggs, and make into balls. Have ready in the frying-pan boiling hot lard enough to cover the balls, drop them in and fry a light brown. Put into a hot oven for a few minutes before serving.

Digitized by Google

Fish Hash.

Mince fine equal parts of boiled salt cod and potatoes, add a large piece of butter, moisten with hot water or milk, and cook twenty minutes.

Codfish with Cream.

Take a piece of salt fish, peel off small strips and put on a gridiron to broil. Have ready on the fire a cup of cream, a piece of butter the size of an egg, a little thickening, season with pepper. Put the broiled fish into this mixture, let it boil up, and serve.

Baked Haddock.

After cleaning and wiping dry the inside of the fish, fill with bread or cracker dressing, sew nicely, put into the bake-pan, cut little gashes in the back, and put small slices of fried pork in them; dredge it often with flour, have about an inch of water in the pan. Serve with egg sauce.

Baked Trout.

Have the trout nicely cleaned, fill with bread or cracker dressing, sew up and put into the bake-pan with pieces of fried pork and bits of butter; dredge often. A large trout will require an hour to cook. Ten minutes before taking up, pour over the fish a cup of sweet cream. Serve with a gravy made from the drippings of the pan.

Digitized by Google

Fried Trout.

Cut in small pieces, or if small brook trout lay them open and fry whole, roll in crumbs or meal, fry in pork fat, and serve with small bits of crisp pork.

White Perch Fried.

Fry this fish the same as trout.

White Perch Chowder.

First cut small slices of salt pork and fry in a frying-pan. Have ready peeled raw potatoes sliced, onions sliced, split hard bread or Boston crackers. Cut the perch into three-inch lengths, place in the pot a few pork scraps with the fat, then a layer of fish, a layer of potatoes, then onions, then crackers, with pepper and salt. Alternate thus till all is used, having the crackers on top. Just cover with water, and boil till the potatoes are soft, keeping the cover tight. Then add milk enough to more than cover, boil up well, and serve.

Halibut Boiled.

Have ready boiling water enough to cover well. Boil a piece weighing four pounds an hour. Serve with egg or anchovy sauce.

Halibut Fried.

Cut in squares, roll in meal, and fry in pork fat. Serve with pieces of pork laid on top of the fish.

Digitized by Google

Halibut Baked.

Put a thick slice in the bake-pan, with a little hot water and several slices of fried pork on top; dredge flour over, and baste occasionally with the dip from the pan. Cook until thoroughly done; then pour over one cup of cream, and let it stand in the oven ten minutes. Serve with sauce made from the drippings with a little white flour thickening; season to taste.

Baked Bass.

Make a nice cracker dressing, and fill the inside of the fish, sew up and tie a strong twine around to keep it in place; put in the bake-pan, with about an inch of hot water and bits of butter on the fish; dredge quite often with flour, turn once, cook thoroughly. Ten minutes before taking from the oven, pour over a cup of cream. Serve with anchovy sauce or sauce made from the drippings.

Smelts.

Pull off the heads, and with them will usually come the insides. Have ready in the frying-pan some nicely fried pork with the fat, dip the smelts in meal and fry to a light brown. Serve with pieces of pork for breakfast or tea.

Mackerel Broiled.

Cut the fish down the back close to the bone, season with salt, place on the gridiron, turning

Digitized by Google

occasionally for twenty minutes. Serve on a hot dish, with sweet butter poured over.

Mackerel à la Maitre d'Hôtel.

Split the mackerel, cut off the head and tail, take out the bone, and broil nicely to a fine brown. Boil one dozen small onions, scald a young cucumber, a bunch of parsley, and a bunch of fennel; chop the two latter, and cut the cucumber into dice; season the whole with salt and pepper, put them in a saucepan with a small piece of butter. When the butter is melted, pour the mixture over the fish, and squeeze the juice of a lemon over them.

Mackerel Boiled.

If the fish is salt, put to soak for a few hours in cold water. If fresh, salt the water in which it is to be boiled. Cook the same as Halibut. Serve with drawn butter.

Shad Baked.

After cleaning the fish, fill the interior with bread or cracker dressing, sew and tie carefully, put in the bake-pan with an inch of hot water, and lay pieces of pork or bits of butter on top. Ten minutes before taking up, pour one cup of cream over, make a sauce of the drippings with flour thickening.

Shad Broiled.

After drying the fish with a cloth, lay on the gridiron and broil a light brown. Serve with butter poured over.

Digitized by Google

Eels.

Eels must be very fresh to be good. Clean nicely, cut off the heads, skin and cut into five-inch pieces, roll in meal or flour, and fry in beef drippings salted, or pork fat. They should be nicely browned and well done. Serve on a napkin.

Eels Baked.

Put an inch of hot water in the pan, and lay the eels in lengthwise, with salt, pepper, and bits of butter; dredge thoroughly with flour; chop an onion fine, also a bunch of parsley, and sprinkle over them; bake an hour. For sauce, add to the drippings a little thickening, the juice of a lemon, and a little butter.

Pickerel Fried.

Cut into convenient pieces, roll in meal or cracker crumbs, and fry in beef drippings or pork fat, the latter is much the best.

Pickerel Chowder.

Prepare the same as White Perch Chowder, perhaps with a little more cooking.

Herrings Boiled.

Put into two quarts of water six herrings, boil half an hour. Put into the dish to serve, with the following sauce poured over: one cup of cream, a piece of butter the size of an egg, pepper, salt,

Digitized by Google

and the juice of a lemon, all boiled together a few minutes.

Herrings Broiled.

Put upon the gridiron, turning occasionally till quite brown. Or roast them in the oven on a dry bake-pan.

Flounders.

These are very nice, and like the English sole. Clean nicely, roll in crumbs and broil to a crisp brown. Serve on a napkin, with pieces of butter laid over them.

Bull-Heads, or Horn-Pout.

This fish is rarely used in cooking, but is the very sweetest when properly prepared. After cleaning, remove the horns and skin, pour boiling water over and let them stand twenty minutes. Fry, or make into chowder as White Perch.

Tongues and Sounds.

If they are salted, soak them a few hours, then boil as directed for Salt Codfish, and serve with drawn butter.

Sardines.

Remove them carefully from the box, arrange on a plate, pour a little salad oil over them, and serve with fresh lemon.

Anchovies.

These are a Mediterranean fish, and are found in

Digitized by Google

this country only in pickle. They are delicious, and are served the same as Sardines.

A Casserole of Fish.

Take any kind of cold fish, and divide into large flakes; boil two or three eggs hard, and cut into slices; have also some mashed potatoes. Butter a mould, and put in the fish, eggs, and potatoes with a delicate seasoning of white pepper and salt, moisten the whole with cream or drawn butter, add a spoonful of essence of anchovies; steam three-quarters of an hour, turn out, and serve.

Oysters on the Half Shell.

Have one dozen fresh oysters in the shell, washed and brushed; open with a broad knife, and remove half the shell; place the other half shell with the oysters on a large plate or platter covered with a napkin, and serve with sliced lemon.

Oyster Patties.

Take one pint of oysters with the liquor, put them into small pattie dishes or any small cake-tins lined with pastry, season with butter, salt, and pepper, cover with puff paste, and bake half an hour in a quick oven.

Escalloped Oysters.

Have fine fresh oysters, also crackers pounded and sifted; take a good-sized bake-dish (not tin), put on the bottom some bits of sweet butter, a layer of

Digitized by Google

oysters, a layer of crumbs, pieces of butter, salt and pepper; alternate thus till the dish is full, having cracker crumbs on top with bits of butter over the entire surface. Then pour in milk enough to almost cover, and bake twenty minutes, or, if the dish is quite large, one hour.

Fried Oysters.

Take nice fresh oysters and drain them from all their liquor; have ready on the fire a frying-pan with the bottom well covered with lard. Dip each oyster in sifted meal or cracker crumbs, drop into the hot lard and fry to a crisp brown, skim out and serve on a napkin.

Oysters fried in Batter.

Make a batter of one cup of milk, one half teaspoon soda, one teaspoon cream of tartar, two eggs, salt, and flour to make a soft batter. Dip each oyster, after draining, in this mixture, and fry as directed for Fried Oysters.

Roasted Oysters.

Put the oysters in an earthen bake-dish with either their own liquor or water enough to just cover them, salt and pepper; bake in the oven till they begin to curl. Have ready thin slices of stale bread toasted and buttered, pour over and serve.

Broiled Oysters.

Select large, fine oysters, dip them separately in sifted cracker crumbs, put on a gridiron and broil

Digitized by Google

brown on both sides. Serve with a little butter on top.

Boiled Oysters.

Put them in a stewpan with hot water enough to cover, a little salt and pepper, and boil ten minutes. Serve on buttered toast.

Oyster Stew.

(See Oyster Soup, No. 1.)

Oyster Cutlets.

Make a thick batter, stir in the oysters, spread and cut into cutlets, egg and bread crumb them, and fry in hot lard.

Devilled Oysters.

Open the oysters in the shell, season with a small piece of butter, salt, pepper, and lemon juice; place them on a gridiron over hot coals, and broil three minutes.

Vol au Vent of Oysters.

Put the oysters with their liquor into a stewpan, season with pepper and a little butter, and boil five minutes. Have lined with pastry small muffin-tins, put in the oysters, cover and ornament the top; bake until the pastry is done, and turn out on a napkin.

Oyster Toast.

Chop fine one dozen oysters, season with salt and pepper, boil five minutes, and pour on buttered toast.

Digitized by Google

Clam Chowder.

Take one quart of clams, separate the belly from the other part, cut off the black head, chop the straps and head. Have some fried pork scraps, some split crackers, and sliced raw potatoes. Cover the bottom of a porcelain kettle with pork scraps, then put a layer of clams, a layer of crackers, and a layer of potatoes, with salt and pepper on each layer; alternate thus till all are in, cover the whole with hot water, and cook one hour; then add the bellies of the clams which you have saved, with two quarts of milk; boil fifteen minutes, and serve. Onions would be an improvement, put in as the potatoes in layers, if not objectionable.

Fried Clams.

Dip each clam in crumbs or meal, and fry in hot lard.

Clams in Batter.

Make a batter as for oysters, and fry the same.

Clams au Crème.

Have some nicely boiled clams taken from the shell. Put in a stewpan a cup of milk, a piece of butter the size of an egg, salt and pepper, and a little flour thickening; add the clams, cook fifteen minutes, and serve with bread and butter.

Digitized by Google

Boiled Clams.

Wash and brush the clams clean, put in a kettle with water enough to cover well, and salt; boil until the shells open. Pour into a large dish or pan, and serve.

Muscles.

Cook the same as Fried Oysters.

Soft Shell Crabs.

These should be put into hot water with a little salt, and boiled smartly for fifteen minutes. Serve with bread and butter.

Scallops.

Wash and brush them clean, put into a kettle, cover with cold water, and boil until the shells open wide. Take them out of the shells, have in a stew-pan a small piece of butter, some of the liquor in which the scallops were boiled, and a little thickening; add the scallops, boil ten minutes, and serve with toasted bread.

MEATS.

Beef.

The best pieces for roasting are the first cut of the loin, next to the rump, which secures a tenderloin on the under side of the roast. There are also quite good pieces in the fore quarter, called the rib roasts.

For steaks, the rump is preferred. For pickling or corning, the thick flank and ribs are best.

Digitized by Google

Beef should be kept as long as possible before cooking.

Roast Sirloin of Beef.

Have a good-sized roast, even if your family is small, for none need be wasted; and you will find recipes for cooking roast beef in many ways for a second dinner or for breakfast. Put the meat in a bake-pan with a little water, dredge with flour and a little salt at first, and every ten minutes dredge and with a spoon pour over the meat the drippings in the pan; allow fifteen minutes' roasting to each pound in a quick oven. Serve with Yorkshire pudding.

Roast Ribs of Beef.

Take three or four ribs, remove the chine bone and upper part of the rib, fasten with a string the thin ends under the roast, and cook the same as sirloin.

Round of Beef Stewed.

Boil the beef until quite tender; then take from the pot, cut deep gashes in it and fill with chopped onion, carrot, and turnip; rub over salt, pepper, a little flour and sweet herbs; return to the pot, just cover with water, and boil gently till the vegetables are tender. Take it from the pot, brown in the oven, and serve in a deep platter, with the liquor poured over.

Boiled Beef.

Put the beef into enough cold water to cover, with salt and pepper; keep covered. When boiled

Digitized by Google

tender, serve with vegetables, and sauce made from the liquor.

Broiled Beefsteak.

Have the steak cut thick from the rump; have a bright fire, rub the bars of the gridiron with a little grease that the steak may not stick, broil brown on both sides, sprinkling on salt and pepper and turning often. Serve immediately with butter put over, and covered tight so the butter may soak into the meat.

Fried Beefsteak.

Have a hot fire, put a little butter in the frying-pan, lay in the steak, turn occasionally and fry quickly.

Stewed Beefsteak.

Put in the stewpan a little water, salt, pepper, and flour thickening; lay in the steak, cover tightly, and cook till tender, turning once. Serve with the liquor poured over it.

Beef Pie.

Boil until tender any pieces of beef you may have, also a few slices of salt pork; add salt and pepper; take from the pot, make a gravy from the liquor with a little flour thickening. Line a pie-dish with pastry, put in the meat cut in small pieces, fill the dish with gravy, and cover with pastry, making a few vent-holes in the top. Bake in a quick oven till the pastry is done.

Digitized by Google

Beef à la Mode.

Put into the soup-pot two quarts of water, a handful of whole cloves, allspice, cinnamon, half as much mace, a bay leaf, a little thyme, sage, salt, pepper, two onions chopped fine, and a tumbler of wine or any kind of spirits. Take a piece of the round, or any lean piece, cut from it the bone, tie tightly with a strong twine, and hang it in the pot so as to just clear the water; cover tight, and cook five hours, being careful not to let the pot get dry, but add a little water occasionally. When done, take from the pot, remove the twine, and make a sauce to pour over the meat from the liquor in the pot. Serve with tomato sauce.

Beefsteak and Onions.

Fry some slices of salt pork; when done, put in some sliced onions and a little water, fry until brown but not burned. Remove the onions and set in the oven, fry some steak as directed, put on the platter with the onions over it, cover tight and serve.

Beef Cakes or Balls.

Mince very fine cooked beef of any kind, moisten with drawn butter, roll into small balls, dip in egg and cracker crumbs and fry in hot fat.

Minced Beef on Toast.

Take cooked beef, chop very fine, season with salt and pepper, moisten with drawn butter, put in the

Digitized by Google

frying-pan and cook until well heated through, and serve on thin slices of buttered toast.

Beef Warmed Over.

Take roast or any kind of beef you may have left from yesterday's dinner, cut in thin slices, make a nice brown gravy, put in the meat, cover tight and cook until well warmed through. Serve with baked potatoes.

Boiled Tongue.

Put the tongue in cold water, and boil till very tender. Take from the kettle, lay in cold water to loosen the skin, take off the skin, roll up tightly beginning with the scrag end, and put in a dish into which it will fit tightly. Press under weights several hours, and cut in thin slices to serve.

Boiled Corned Beef.

After washing thoroughly, put in a pot with plenty of cold water, skim often, and boil about forty minutes to a pound. If for a boiled dinner, it is an improvement to cook the vegetables in the pot with the meat.

Pressed Corned Beef.

After boiling as directed above, put it away to cool. Then cut or pull it in small pieces, put in a tin basin (if you have not a meat-press), and press it under heavy weights for several hours. Cut in thin slices to serve.

Digitized by Google

Veal.

Veal should, if possible, be fresh killed, as it does not improve by keeping.

Roast Veal.

Put the veal in a bake-pan with a little water, dredge often with flour, sprinkle salt over occasionally, and baste with the drippings from the pan. Veal should be well cooked; and, as much depends upon the oven, you must decide by testing. Serve with gravy made from the drippings, or any piquant sauce.

Stuffed Leg of Veal.

Wash in cold water, remove the bone, fill the cavity with bread or cracker dressing prepared as for turkey, rub all over with salt, pepper, flour, butter, and a little sage; put into the pan a little water, baste and dredge often, turning the meat once when about half done. Make a gravy of the drippings with flour thickening, adding the juice of a lemon or a little vinegar.

Veal Pie.

Cut the veal in small pieces, put in the stewpan with a few slices of salt pork, cover with water and skim occasionally. When the meat is tender, take out all the bones; add to the liquor a little flour thickening and two well-beaten eggs, season with salt and pepper, and strain. Line the bake-pan with pastry, put in the meat, lay on top a few bits of

Digitized by Google

butter, and pour in gravy to cover. Put pastry on top, and bake till it is done a light brown.

Calves' Head and Pluck.

Clean the head carefully, split it, take out the brains and put them aside for the sauce. Lay the meat in cold water for several hours. Put it in the kettle with cold water enough to a little more than cover. After it has boiled awhile, salt it, and boil till it is very tender and will cleave from the bones.

To make the sauce, boil the brains in a little water a few minutes, skim them out and put into drawn butter. Serve with the above.

For a second dish, chop the remains of the meat, season with salt and pepper, and warm over with the remainder of the brain sauce.

Potted Veal.

Boil the veal until very tender in water enough to cover, with a little salt pork. When done, remove from the fire and cool, chop very fine, take one-half the quantity of sifted cracker crumbs, mix with the chopped veal, season with sage, salt, pepper, and thyme, moisten slightly with drawn butter, put in a pan and press it with weights.

Veal Cutlets.

Cut slices one inch thick from the leg, egg and bread crumb them; put into the frying-pan a piece of butter. When hot, lay in the veal, cook quickly on both sides; when done, remove to a dish, put a little more butter in the pan, a little water and flour

Digitized by Google

thickening, pepper, salt, and the juice of a lemon; boil it up, and pour over the cutlets.

Veal Steak.

Broil thoroughly over bright coals, and serve with butter over it.

Mutton.

Mutton should never be cooked unless it has hung forty-eight hours after being killed, and is much better to be kept as long as possible.

Roast Mutton.

Take the haunch or saddle of mutton, lard with salt pork or bacon, put into the pan with a little water, baste and dredge often, rubbing on salt and pepper; cook about an hour. Make a gravy from the drippings.

Roast Leg of Mutton.

Cut large gashes in the meat, lard with slices of bacon or pork, rub on salt and pepper, clove and chopped onion, add a little wine. Serve with cranberry sauce.

Boiled Leg of Mutton.

Cut the end from the leg, put in the kettle with sufficient water to cover, with salt; remove the scum, boil gently two hours. Serve with caper sauce. The broth can be made into soup.

Digitized by Google

Mutton Chops Breaded.

Roll the chops in egg and cracker crumbs, and broil over hot coals.

Mutton Chops Plain.

Rub salt and pepper on both sides, broil over hot coals, and serve with butter over them.

Roast Lamb.

Put into a bake-tin with a very little water, rub salt, a little pepper, and flour over it, baste and dredge often. If a thin piece, one hour's cooking will be enough. Serve with gravy made from the dripping, and mint sauce.

Leg of Lamb Boiled.

Cook the same as Boiled Mutton.

Lamb Cutlets Plain.

Broil over a clear fire the same as Beefsteak.

Lamb Cutlets Breaded.

Salt and pepper them, dip in egg and roll in bread or cracker crumbs, and fry brown in beef drippings.

Pork.

Pork is in season from the last of October until April. It should always be carefully chosen; if fresh, the meat will look firm and smooth.

Digitized by Google

Roast Spare Rib.

Rub over the meat salt, pepper, sage, and flour, and put in the pan with a little water, baste and dredge often, sprinkling on salt, pepper, and sage. Roast in a slow oven three hours. Serve with boiled onions and apple or cranberry sauce.

Pork Steak.

Have the steaks not very thick, rub with salt, pepper, and sage, and broil over hot coals.

Fried Pork Steak.

Put in the frying-pan a little water, with flour thickening, salt, pepper, and a little bacon; fry the steak until thoroughly done, and serve with gravy from the pan.

Roast Pig.

A pig for roasting should not be more than four weeks old. Clean thoroughly, leaving the head on; make a nice veal or oyster dressing, stuff and sew up, rub with melted butter, flour it, and put in the bake-pan on three muffin-rings to keep it from the bottom; dredge and baste every half hour, putting on salt and pepper and a little butter; turn several times, roast four or five hours. When it is taken from the oven, carry it *immediately* into the cold air for a few moments: this will make the outside crisp. Garnish as you please, not forgetting to put a lemon in the mouth.

Digitized by Google

Boiled Ham.

When cleaned and trimmed, put in a kettle with plenty of cold water, boil slowly four hours, take off the rind, cover with bread crumbs, and put into the oven for one hour. If the ham is a large one, it will need longer boiling.

Broiled Ham or Bacon, for a Rasher.

Cut in very thin slices, and broil over hot coals to a crisp.

Fried Ham.

Cut in slices, pour boiling water over them and let it stand a few minutes. Cook very thoroughly.

Roast Ham.

Trim nicely, cut off the thick brown rind, put in cold water and boil one hour; remove from the kettle. Have ready some raised dough rolled out, cover the ham entirely with this, sticking it together with water, and bake in the oven two hours. Then take off the dough, sprinkle cracker crumbs over it thoroughly, and return to the oven for two hours, occasionally putting on crumbs.

A Rasher of Salt Pork.

Cut the pork as thin as possible, put it over bright coals and broil to a crisp on both sides. Serve with any kind of meat for breakfast.

Digitized by Google

Soused Pigs' Feet.

Have nicely cleaned pigs' feet, boil them till very tender, remove from the pot, cover with vinegar and let them stand twenty-four hours. Serve cold, or fry them, or warm up in butter.

Hog's Head Cheese.

After cleaning the head, split it, take out the brains and cut off the ears; pour scalding water over, and scrape clean; then soak in cold water a few hours. Put it in a kettle with hot water enough to more than cover, and boil until the meat will come from the bones readily; put it away to cool. When cold, chop fine, adding an equal quantity of fine cracker crumbs; season sharply with salt, pepper, and sage, put into a tin pan, and press with weights. Cut in thin slices to serve.

Boiled Tripe.

Take two pounds of tripe, cut in rather small pieces and boil in a stewpan with eight onions, two cups of milk, and a little salt. Boil one hour, and serve with onion sauce.

Fried Tripe.

The honeycomb is much the nicest for frying or broiling. Boil first in water with a little salt, dip in batter, and fry in butter or lard.

Digitized by Google

Broiled Tripe.

Boil first as for frying, then dip in cracker or bread crumbs, and broil brown over hot coals.

To make Sausage-Meat.

To five pounds of pork take two pounds of beef, chop very fine, and season with salt, pepper, and sage to taste. Fry a small piece to try. Make long narrow bags of strong cotton, fill with the sausage-meat, pressing it in closely. Cut off in slices to cook.

If you find the above too rich, add one third cracker crumbs to the meat.

To salt Pork or Beef.

Cover the bottom of the cask or barrel with coarse salt, rock salt is best. Lay in the meat with the skin side down, putting a good layer of salt on each layer of meat. Make sufficient strong brine to cover the meat (if not covered, it will rust) by dissolving as much salt as will melt in cold water, then boil the brine and skim it well. When it is cold, pour it on the meat, and put on a weight to keep the meat down.

To clarify Beef Drippings.

Put the drippings in a kettle with two raw potatoes sliced, and cook slowly half an hour. Any kind of grease can be clarified in this way.

Digitized by Google

POULTRY.

As poultry and game sometimes come unplucked, it is necessary to know how to dress it. Lay the bird with the head towards you, and draw the feathers out in the direction they lie; be careful to take out all the pin-feathers. After it is well plucked, cut a gash and take out the crop, cut off the neck, and cut under the tail and remove all the inwards carefully, from which separate the liver, heart, and gizzard; cut open the gizzard and take away the inside. These last are used for the giblet sauce. Wash all thoroughly in several waters.

Partridges, quail, and other small birds, are usually skinned, as the feathers are very thick, and it is almost impossible to pluck them without tearing the skin.

The appearance of poultry on the table depends much upon its being well skewered. If you have no skewers, you can keep the fowl in shape by tying the wings and legs close to the body. There should be a rack to lay fowls on to keep them from the bottom of the pan.

Roast Turkey.

After cleaning and drying nicely, fill the breast and body with dressing, sew up, and tie carefully to keep it in form. Rub with salt and pepper, and dredge with flour, put in the pan with a little water, put in the oven, baste and dredge constantly. Have

Digitized by Google

a cup with some melted butter in it, and occasionally pour some over the turkey before putting the flour on. One half hour before taking from the oven, dredge thoroughly with sifted cracker crumbs and brown. Serve with giblet sauce. A medium-sized turkey will require three hours' cooking.

Boiled Turkey.

Stuff as for Roast Turkey, be careful to tie it closely. Put in a pot with cold water salted, enough to a little more than cover; boil gently two hours, then try with a fork; if it goes in easily, the turkey is done. Take out the strings, and serve with oyster sauce.

Roasted Capon.

Prepare as you would a turkey, and with the same dressing; put over it several pieces of bacon, dredge and baste often while roasting, and serve with brown gravy.

Roast Chicken.

Prepare the same as Turkey, and serve with giblet sauce.

Boiled Chicken.

An old fowl is as good as a young one for boiling. Clean nicely, and boil moderately in water enough to cover with salt. Serve with drawn butter.

Broiled Chicken.

Cut in convenient pieces; or, if a small spring chicken, divide in half; salt and pepper it, lay on the

Digitized by Google

gridiron and broil slowly till thoroughly done. Or put it in a pan, and brown in the oven. Serve with plenty of butter on top.

Fricasseed Chicken.

Cut in pieces, put in a stewpan with water to cover, boil gently till tender, season with salt and pepper. Remove the chicken from the pan, add to the liquor a little thickening and a cup of cream, boil up, and put the chicken in again and boil half an hour. Serve with baked potatoes.

Brown Fricassee.

After cooking the chicken as above, take it from the liquor and fry brown in butter. Make a gravy in the frying-pan with the liquor in which the chicken was boiled, with brown thickening.

Chicken Pie.

Cut up the chickens, boil them with a little salt pork in water to cover. When tender, take from the stewpan, add to the liquor a little flour thickening, pepper and salt, let it boil up. Line a bake-dish with pastry, put in the chicken, and, if you have them, a few oysters; add liquor enough to cover, and a few pieces of butter. Cover the dish with puff paste, making a few vent-holes in it to allow the steam to escape. Bake until the pastry is brown.

Boiled Chicken with Cream and Dumplings.

Joint two chickens, put them in a stewpan with more than water enough to cover; boil until very

Digitized by Google

tender, seasoning them when about half done. Remove the chicken, add to the liquor a little white flour thickening, one pint of cream, and a piece of butter the size of an egg. While it is boiling, drop in some dumplings the size of a walnut made from raised dough or cream of tartar dough; keep covered tightly, and when they have risen to the top take them up, and arrange around the chicken on the platter and pour the gravy over.

Roast Ducks.

Stuff them with dressing made with or without onions, as you choose. If they are old, boil them half an hour, and bake one hour, dredging and basting often. Serve with green peas.

Stewed Ducks.

Cut into not very small pieces, put in a stewpan with a little water and a piece of butter; stew gently, turning occasionally till nearly done; then add a quart of water, two spoonfuls of flour, salt, a few chopped onions, a turnip, and a few mushrooms; boil a little longer, and serve in a dish with the sauce poured over.

Roast Goose.

Take all the pin-feathers out, cut off the feet at the first joint, cut off the neck, leaving all the skin you can. Make an onion dressing, stuff the goose, sew and tie tightly; put into a kettle with cold water, and salt, and boil three-quarters of an hour. Then put it in a bake-pan, dredge with flour, and

Digitized by Google

baste often; bake two hours. Serve with brown gravy and cranberry sauce.

Prof. Soyer's Way of Cooking a Goose.

Peel and cut in small dice six onions, put in a pan with two ounces of butter, half a teaspoon of salt, a quarter of pepper, a little grated nutmeg, and sugar, six leaves of fresh sage chopped fine, put on the fire, and stir with a spoon until a pulp. Then have the goose ready dressed, stuff it, tie the skin of the neck to the back, roast two hours in a moderate oven, baste the same as Turkey. Remove from the oven, take off the strings, and serve with a half pint of brown gravy and apple sauce.

GAME.

Venison.

VENISON is cut the same as Mutton. The flesh should be dark and fine-grained. It should be hung in a cold, dry place.

Haunch of Venison.

Trim the haunch, fold the flop over, rub with salt and pepper, and roll in raised dough. Put in a bake-pan, with a little water, and bake slowly two or three hours. When done, remove the dough, and serve with cranberry sauce or apple jelly.

Digitized by Google

Venison Steak.

Cook the same as Beefsteak, but put some kind of jelly on top when served.

Venison Pie.

Prepare the same as Veal Pie.

Broiled Pigeon.

Take young pigeons, clean thoroughly, cut them down the back, remove the breast-bone, lay them on a gridiron over hot coals, salt and pepper them, turn once, and cook brown on both sides. Serve with plenty of butter on them.

Potted Pigeons with Dumplings.

Cut up the pigeons, put them in a kettle with a little more cold water than will cover them, and salt, boil till tender. Take out the pigeons, add to the liquor a little flour thickening, and season well. After it is boiling, drop in small dumplings, and cook until they rise to the top; then skim them out. Put the pigeons on a platter or deep dish, pour the gravy over, and lay the dumplings around.

Fried Pigeons.

After cleaning, split them, rub with salt and pepper. Have some beef drippings hot in the frying-pan, dip the pieces of pigeon in cracker crumbs, and fry quickly a nice brown. Serve with a little butter on each piece.

Digitized by Google

Pigeon Pie.

Cut up the pigeons, and boil in salted water till tender. Line a bake-dish with pastry, and put in the pigeons; add to the liquor a little thickening, season, and let it boil up; pour over the pigeons, add some pieces of butter, and cover with pastry. Cut ornamental holes in the top, and bake till the pastry is a nice brown.

Broiled Partridges.

After drawing off the skin, clean thoroughly, cut in halves, salt and pepper them, and broil quickly over hot coals. Serve with butter put over them while hot.

Potted Partridges.

Cook the same as Potted Pigeon.

Roast Partridge with Chestnut Dressing.

Skin and clean the partridges, and fill with chestnut dressing. Roast the same as Chicken, only not so long. Serve with bread sauce or truffle sauce.

Quail on Toast.

Pull off the skin, split open, clean carefully, season and broil quickly over hot coals. Lay on buttered toast with butter over them.

Hare.

Dress and cook the same as Venison. Serve with cranberry sauce.

Digitized by Google

Woodcock.

Cook as Partridges, with game sauce.

Plover.

Cut in halves, broil, and lay on toast.

Squabs, or Young Pigeons.

Broil the same as Partridges.

Raccoon Baked.

This should be prepared as Roast Lamb. Serve with a gravy made from the drippings or mushroom sauce.

DRESSING.

A Nice Dressing for Turkey or Chicken.

Take one cup of cracker or bread crumbs, add milk enough to soften them, a piece of butter the size of an egg, salt, pepper, and sage to taste, and two eggs well beaten. Mix all together, and if convenient add a few oysters.

Onion Dressing for a Goose.

Make a dressing as above, and add two chopped onions.

Digitized by Google

Chestnut Dressing.

Make dressing as for Turkey, but without the oysters. Boil a pint of chestnuts, peel them, and put them into the dressing whole.

To bone a Turkey.

Wash the turkey clean, and wipe it dry inside and out. Break the first joint of the leg, and with a narrow and very sharp knife cut all around the bone, being careful not to break the skin or flesh, and, keeping the knife close to the bone, pull out the bone; then break the second joint, and cut the flesh off in the same manner. Proceed thus with the other leg and the wings, taking out one joint at a time. Then from the inside cut the flesh off close to the breast-bone, and take it out. This requires great care and patience, but with a little practice it can be done without breaking the flesh at all.

Take out the back-bone in the same way, though this is often left to keep the turkey in better shape. Fill all the cavities with a nice dressing, making the turkey look as it did before the bones were removed; sew up all torn and broken places, tie it carefully, and bake or boil it. Serve cold.

If you wish to make a very ornamental dish, cool it in jelly in the following manner: Have a dish large enough to hold the turkey without letting it touch the bottom or sides, suspend the turkey in it by strings, put a little jelly in the bottom, and with it a few olives, gherkins, or any small ornamental pickles; let the jelly cool, then put in a few more pickles

Digitized by Google

and more jelly, till the turkey is covered, letting each layer of jelly become quite cool before adding another. When it is solid, turn out on a platter, and garnish to taste. For this dish, it will be necessary to take out the back-bone, so that the whole can be cut in nice slices. Use aspic jelly or wine jelly.

GRAVIES AND SAUCES.

Brown Sauce.

TAKE any good stock or drippings from the pan in which beef has been cooked, thicken with brown flour, and season to taste.

Giblet Sauce.

Boil the giblets of turkey or chickens very tender, chop fine, and add them to the gravy made from the drippings, season well. Serve with any kind of roast poultry.

Drawn Butter.

Take a tablespoonful of sifted flour and a piece of butter the size of a large egg, beat thoroughly to a cream, pour over them one cup of boiling water, stir till dissolved, and boil a few moments.

Caper Sauce.

Prepare drawn butter as above, and stir in one tablespoonful of capers and a little vinegar.

Digitized by Google

Oyster Sauce.

Put the oysters in a stewpan with their liquor and a little water, add some flour thickening with pepper and salt, and boil ten minutes. Serve with boiled turkey or boiled fish.

Egg Sauce.

Prepare drawn butter, and add a hard-boiled egg chopped fine. Serve with boiled salmon.

Mint Sauce.

One cup of vinegar, one-half cup of sugar, a little hot water, and a few sprigs of mint chopped fine; boil all together a few minutes. Serve with roast lamb.

Tomato Sauce.

Peel four ripe tomatoes, put in a stewpan with a little hot water, salt, pepper, a piece of butter the size of an egg, and a little flour thickening. Boil three-quarters of an hour.

White Sauce.

This is prepared the same as brown sauce, except that the flour used for thickening should not be browned.

Celery Sauce.

Chop fine two heads of celery, put in a stewpan with a little more than water to cover, a piece of butter as large as an egg, an onion chopped, a little

Digitized by Google

parsley, salt, and pepper to taste, and a little white flour thickening, Boil till tender. Serve with roast meats.

Lobster Sauce.

Pound the coral and spawn of a lobster with an equal quantity of butter, and rub through a sieve. Cut the meat of the lobster into small pieces, add the pounded coral and spawn, moisten with drawn butter, adding the juice of a lemon, a teaspoon of essence of anchovies, a little cayenne pepper, and serve hot.

Shrimp Sauce.

Prepare some drawn butter, add a teaspoonful of essence of anchovy, a little cayenne, the juice of a lemon, and a few pickled shrimps. Serve hot.

Anchovy Sauce.

Melt half a cup of butter, add a tablespoon of essence of anchovy, the juice of a lemon, and a little cayenne.

Piquant Sauce.

Chop fine a small cucumber pickle, a few shallots, a tablespoon of capers, add a little cayenne pepper, half a cup of vinegar, a teaspoon of essence of anchovy, and a little brown gravy. Boil a few minutes.

Parsley Sauce.

Add to a cup of drawn butter a few sprigs of parsley chopped fine, season with salt and pepper.

Digitized by Google

Butter Sauce.

Melt a piece of butter, add a little flour thickening, season with pepper and the juice of a lemon.

Dish Gravy.

This is the liquor that drains from the meat while on the platter.

Bread Sauce.

Pound fine two crackers or two slices of stale bread, moisten with milk, season with salt, pepper, and mace, boil up, and serve with roast partridge or chicken.

Game Sauce.

A wine-glass of Madeira wine, a small stick of cinnamon, the rind and juice of a lemon, and a cup of currant jelly. Boil five minutes, and strain.

Curry Sauce.

Put in a stewpan two apples and four onions chopped, one half cup of butter, a little mace, a bay leaf, a sprig of thyme, cook moderately till the onions are tender, add three tablespoons of curry powder, one quart of water, two spoonfuls of vinegar, two of sugar, and boil a few minutes.

Bechamel Sauce.

Stir one cup of flour and one-half cup of butter till they are well mixed; then add an onion, a carrot, some parsley and celery, all chopped fine,

Digitized by Google

pepper and salt; then pour over one and one half pints of boiling milk, and boil half an hour. Take from the fire, and strain.

Mushroom Sauce.

Put the mushrooms in a stewpan with a little butter, salt, pepper, and the juice of a lemon, boil a few minutes; add a gill of white sauce and four tablespoons of milk, and boil ten minutes.

Champagne Sauce.

Make a gravy from the drippings of roast meat, thickened with brown flour, and season with champagne.

Truffle Sauce.

Slice eight truffles, and put them in a small stewpan with a glass of sherry and half a pint of brown gravy. Boil the whole ten minutes.

Horse-radish Sauce.

Take four tablespoons fresh scraped horseradish, add the same of vinegar, two of brown sugar, a little salt, pepper, and mustard. Serve cold.

Matelotte Sauce.

Peel thirty rare-ripe onions, and put in a stewpan with a tablespoon of sugar and a piece of butter as large as an egg. Stir occasionally till brown, add a glass of sherry wine and a cup of brown gravy, and boil till the onions are tender; skim well, add a few

Digitized by Google

mushrooms or mushroom catsup, and a teaspoon of essence of anchovies.

Madeira Sauce.

Make a brown gravy from the drippings of any roast meat, add a glass of Madeira wine with a little mace, salt, and pepper.

German Sauce.

Put one pint of good stock in a stewpan with half a cabbage, two carrots, two onions, and half a turnip, all chopped fine; cook till the vegetables are tender, thicken with brown flour, and season to taste.

Lyonnaise Sauce.

Put in a deep plate the yolks of three eggs, with a little salt and pepper; mix in gradually with a wooden or silver spoon one cup of salad oil and one cup of vinegar. Serve with boiled fish.

Real India Curry.

One cupful of shelled walnuts, browned in the oven and pounded fine. One cupful of shelled almonds, blanched, browned, and pounded fine. One cupful of split peas, browned and pounded fine. One tablespoonful of coriander seed, pounded. One-half teaspoonful of celery seed, pounded. One heaping cupful of grated cocoanut. The hearts of six onions cut fine and browned in butter, one and one-half pints of good strong stock thickened with browned flour. Stir into the stock three table-

Digitized by Google

spoonfuls of Cross & Blackwell curry powder, a piece of butter size of a teacup, one-half teaspoonful of Chili pepper, two tablespoonfuls of vinegar, a pinch of ground cloves and cinnamon; salt to taste.

Put all these ingredients into a saucepan, boil about ten minutes, stirring constantly.

VEGETABLES.

Potatoes Boiled or Steamed.

Wash them and cut the ends, put in a kettle or steamer with boiling water, and cook from half an hour to an hour. If the potatoes are old, it is better to peel them, and let them lie in cold water for several hours before cooking.

Baked Potatoes.

New potatoes are delicious baked. Wash them clean, and bake in a hot oven half an hour.

Fried Potatoes.

Wash and peel raw potatoes, slice them very thin, throw into boiling fat, and cook a light brown; drain them from the fat, sprinkle salt over, and send to the table very hot.

Mashed Potatoes.

Steam one dozen potatoes till very soft, peel them, and mash them till a perfect paste; add salt,

Digitized by Google

a good-sized piece of butter, and a cup of milk; put them in a dish, make the top smooth, moisten with the yolk of an egg, and brown lightly in the oven. Serve in the same dish.

Potato Balls.

Make mashed potato into small balls, roll in crumbs, and fry or brown them in the oven.

Stewed Potatoes.

Cut or chop cold boiled potatoes, and put in a stewpan, with a little milk, butter, salt, and pepper. Stew until well heated through.

Lyonnaise of Potatoes.

Cut cold boiled potatoes in thin slices; put a cup of butter in a stewpan, in which fry three sliced onions; put in the potatoes with some chopped parsley, salt, pepper, and a cup of milk, mix well, and cook until very hot.

Potato Snow.

Choose large white potatoes, boil them in their skins, with a little salt in the water, until quite tender; drain and dry them thoroughly beside the fire, and peel them. Put a hot dish before the fire, and rub the potatoes through a coarse sieve on this dish. Do not touch them afterwards, or the flakes will fall. Serve as hot as possible.

Digitized by Google

Sweet Potatoes.

These are best baked; but they may be boiled or steamed as common potatoes, though they need longer cooking. Set them in the oven a few minutes to dry, after taking from the kettle.

Fried Sweet Potatoes.

Cut the cold boiled potatoes in rather thick slices, and fry in butter or lard.

Asparagus.

Put it in cold water, and let it remain till ready to cook. Cut off the white ends of the stalk, tie in bunches, and put into boiling water with salt; boil gently, keeping the kettle uncovered, half an hour, or until it is tender. Serve on buttered toast, moistened with the water in which the asparagus was boiled, and put butter over it.

Asparagus Sauce.

One pint of water in which asparagus has been boiled, one quarter of a lemon grated, two ounces of butter; boil once gently. Beat the yolks of six eggs, add the juice of half a lemon, two teaspoons of mashed potato, two of flour, two of sugar, salt to taste. Beat all together, pour the liquor over this. Lay the asparagus in the sauce, or serve it in a separate dish.

Digitized by Google

Baked Potatoes with Roast Beef.

Peel one dozen potatoes, and soak them in cold water awhile. Then put them in the pan around the beef, baste often with the drippings, turn once, and cook three-quarters of an hour.

Turnips.

If they are young, half an hour will be long enough to cook them. Mash them, and season with salt and butter; or cut them in slices, and butter them.

Ruta Baga Turnips.

Peel and cut in quarters, boil two hours, mash them smooth, and season with salt and butter. They are nice boiled with meat.

Summer Squash.

Boil them, or steam one hour, which is better than boiling, as they will be less watery. Press all the water out, and, if the seeds are large, take them out; mash and season with salt and butter.

Winter Squash.

Cut in pieces, pare off the skin, and remove all the inside, put in boiling water and cook till tender. Press all the water out, mash, and season with salt and plenty of butter.

Digitized by Google

Vegetable Marrows.

Peel them, and boil till tender. Slice them, and serve on buttered toast, with butter poured over.

Green Peas.

These should be cooked as soon as possible after being gathered. Shell them, wash in cold water, and boil them from twenty minutes to half an hour, adding to the water a little salt and sugar. Drain them from the liquor, and put into the dish a good piece of butter. It adds to the richness of the peas to boil part of the shells tied in a bag with them. Some think a sprig of mint boiled with them is also an improvement.

Green Corn.

Pull off all the husks, put into cold water, boil half an hour. Send to the table on the cob, or cut it off, and season with salt, butter, and pepper.

String Beans.

Break off the ends, and pull the string from both sides, cut in pieces, and wash in cold water. Put them in boiling water, with a piece of salt pork, or add salt when they are partly cooked. Boil an hour and a half or two hours, they should be very tender. Drain from the liquor, and add a piece of butter.

Haricot Beans.

Let the beans lie in cold water awhile before cooking. Put them in cold water, add a little salt,

Digitized by Google

and cook from an hour to an hour and a half. Serve with butter in them.

Lima Beans.

Cook the same as Haricot Beans.

Succotash.

Boil some shelled beans, with a small piece of bacon or salt pork, half an hour. Then put in some corn, and boil till tender. Take the corn out, cut it from the cob, and return it to the kettle with the beans, and boil half an hour longer. When it is done, the water should be almost all boiled away. A little milk or cream added before taking up is an improvement. Put a good-sized piece of butter in the dish, and add salt and pepper to taste. Have equal quantities of beans and corn.

Baked Beans.

Soak the beans over night, put them in a porcelain kettle with cold water to more than cover, and a tablespoonful of soda; boil half an hour; skim from the kettle into an iron or earthen pot with a cover, fill the pot two-thirds full, put a good-sized piece of pork in the middle, not quite covering it with the beans, pour in water enough to almost cover, and two tablespoonfuls of molasses. Bake in a slow oven all day.

Beets.

Old beets should be soaked in cold water a few hours. Wash clean, but do not cut them, put in

Digitized by Google

boiling water and boil several hours till they are quite tender. Then throw them into cold water, when the skin can be rubbed off easily. Cut in slices, pour drawn butter over, and serve with boiled or roast meat. Young beets will cook in an hour.

Pickled Beets.

Boil them and cut in slices. Cover with cold vinegar, adding salt and pepper.

Greens.

The tops and roots of young beets, mustard-tops, and dandelions are good for greens. They should be picked over carefully, and washed in several waters. Boil a piece of salt pork with them. Some kinds need longer cooking than others; when done, they will settle to the bottom of the kettle. Drain in a colander, press all the water out, and serve with the pork.

Spinach.

Pick over carefully, and wash in several waters; boil with a piece of salt pork about twenty minutes. Press and serve as Greens.

Spinach with Cream.

Boil as above, chop it fine, and put in a stewpan with a cup of cream, a little butter and sugar. Stew gently five minutes, and serve hot.

Boiled Cabbage.

Pick off the withered outside leaves, and cut off as much of the stalk as possible. Cut the cabbage

Digitized by Google

down in four parts to the stalk, not separating it entirely, and let it lie in cold water with a little salt for half an hour. Then put it in boiling water, to which add salt and a little soda, and boil an hour and a half. Drain in a colander. Salt pork or corned beef boiled with cabbage is an improvement.

Red Cabbage, German Way.

Cut the cabbage in thin slices, put in a stewpan with a little salt ham cut into dice, one cup of stock of any kind, and half a cup of vinegar. Cover closely, and stew an hour.

Cauliflower.

Trim off the outside leaves, cut the stalk close, and cut open in places; put it into cold water with salt for an hour. Then put in boiling water with a tablespoonful of salt, and cook half an hour or until tender. Drain thoroughly, and pour melted butter over, or make a sauce of drawn butter to pour over it.

Boiled Parsnips.

Wash and scrape them, and put in boiling water with salt, and cook three-quarters of an hour. Cut them in slices lengthwise, and serve with butter over.

Fried Parsnips.

Wash and scrape, cut in thin slices lengthwise, and fry brown in pork fat; or they may be boiled first, and then fried in butter.

Digitized by Google

Parsnips in Crumbs.

Prepare as for frying, and dip each piece in fine bread crumbs and fry.

Carrots.

When young, it is not necessary to scrape them, but wash carefully. Put in boiling water with a little salt, and cook three-quarters of an hour, or in winter an hour and a half. Serve with butter and pepper.

Mashed Carrots.

Boil until very tender, mash them smooth, and season with butter, pepper, and salt. Serve with boiled meat.

Carrots, German Way.

Wash and scrape eight carrots; cut them in slices a quarter of an inch thick. Put three ounces of butter in a saucepan, when it is melted lay in the carrots with a little salt, nutmeg, parsley, and an onion chopped fine. Put the saucepan over the fire, and when the carrots are well saturated with the butter pour in one pint of stock, and simmer gently till they are nearly tender. Then put into another saucepan a small piece of butter and a tablespoon of flour; stir this over the fire, and when nicely browned add the liquor in which the carrots, were boiled; let this boil up, pour it over the carrots and let them simmer till quite tender. Serve very hot.

Digitized by Google

Stewed Tomatoes.

Pour boiling water over them, let them stand a few minutes and skin them. Cut them into a stew-pan, add a little salt, pepper, and sugar, and stew half an hour; before serving, put in a piece of butter.

Baked Tomatoes.

Peel them and put into a bake-pan with a little brown gravy and butter; dredge with bread crumbs, and bake three-quarters of an hour, basting occasionally.

Broiled Tomatoes.

Put on a gridiron without peeling, and cook on both sides. Serve with butter on them.

Escalloped Tomatoes.

Peel the tomatoes, and cut them in slices. Butter an earthen bake-dish, and put in alternate layers of tomatoes, seasoned with salt and pepper, and of bread crumbs and bits of butter. Let the top layer be crumbs. Bake half an hour.

Stuffed Tomatoes.

Bake them in the skins, and scrape out a small hole in the top. Fry some bread crumbs and an onion in a little butter, add salt and pepper. Fill the hole with this dressing, and brown with a hot shovel.

Tomato Rice.

Boil one small cup of rice in two cups of good stock; when the rice is cooked soft, but not broken,

Digitized by Google

add one pint of ripe tomatoes, or canned tomatoes, and cook fifteen minutes.

Boiled Onions.

Peel them and boil in water, or milk and water, twenty minutes; then pour off this water, and put in milk and boil twenty minutes longer, adding a little salt. Drain and serve with butter. They may be boiled in water alone, but the milk takes out the strong taste of the onion.

Fried Onions.

Slice large onions, put them in the frying-pan with pork scraps and a little water; keep the pan covered, stir occasionally, and fry until tender.

Shallots.

These are young onions, and are generally served raw or with salads.

Burnt Onions for Gravies.

Peel and chop the onions fine, put them in a stewpan with a little water, and boil five minutes; then add a little sugar, and simmer gently until the mixture becomes almost black; stir in a little vinegar, mix thoroughly, and when cold bottle for use. This is used for coloring gravies and sauces.

Salsify or Vegetable Oyster.

Boil and serve as Parsnips, or fry in batter.

Digitized by Google

Egg Plant.

Cut in very thin slices, and fry in pork fat or butter; add pepper and salt to taste. Some prefer to parboil them first, and then fry them.

Lettuce.

Wash thoroughly, and serve on the table with ice in the dish. If for salad, the leaves should be dried with a napkin and not cut, but picked in pieces.

Celery.

Wash thoroughly, cut away all decayed parts, and send to the table in a tall glass.

Stewed Celery with Cream.

Wash six heads of celery, and boil in salted water until tender. Put in a stewpan one cup of cream, a little mace, and a very little flour thickening; let it boil a few minutes. Dish the celery, and pour this sauce over it.

Broiled Mushrooms.

Clean them by rubbing them with flannel and a little salt. Cut off part of the stalk, and peel the top. Broil over a quick fire, turn once. Lay a piece of butter on each, and squeeze the juice of a lemon over them.

Cucumbers.

Peel them and cut in very thin slices. Lay in a dish with ice.

Digitized by Google

Cucumbers Dressed.

Peel and cut in thin slices, and pour over them a dressing made of three tablespoons of salad oil, four tablespoons of vinegar, salt and pepper to taste.

Cucumbers in German Style.

Peel two or three cucumbers, and cut them in slices; let them lie in salt and vinegar for an hour. Drain out and put in a stewpan with two ounces of butter, fry them over a quick fire, dredge on a little flour, add one cup of broth or gravy, skim off the fat, boil gently a few minutes. Then stir in the yolks of two eggs, a little chopped parsley, a little sugar, salt and pepper, boil up and serve.

Truffles.

Take some fine truffles, wash them in several waters, wrap each in buttered paper and bake in a hot oven an hour. Remove the papers, and serve on a napkin.

Artichokes.

Wash them in several waters, trim off the leaves, and put them in boiling water with a little salt, cook till tender. Drain, and serve with white sauce poured over.

Leeks.

These are used principally for soups, but they may be cooked like Asparagus.

Digitized by Google

Radishes.

Wash and scrape clean, put in a dish with ice, or use to garnish other dishes.

Horse-radish.

Wash the roots, and scrape or grate them. Serve with roast or boiled beef, or use to garnish.

Water Cresses.

Wash and pick over the cresses nicely, and serve in a salad bowl with vinegar, salt, and pepper in the castor to be used as desired.

Vegetable Hash.

Chop fine equal parts of cooked meat, beets, turnips, cabbage, parsnips, and potatoes, season well with salt and pepper, moisten with hot water, add a large piece of butter, mix well together, and cook fifteen or twenty minutes.

EGGS.

Boiled Eggs.

Have the water boiling when the eggs are put in. Three minutes will cook them enough for some, but they will be rather soft. Five minutes will make them quite hard. Serve immediately after taking up, covered tight.

Digitized by Google

Fried Eggs with Ham.

Fry a few slices of ham, and remove from the pan. Drop the eggs into the hot fat, and let them fry on one side, occasionally dipping the fat over them with a spoon. When the white is hardened, take them up carefully and lay on the slices of ham.

Poached Eggs.

Break the eggs into a stewpan, add a little butter, salt, and pepper, and a very little milk; stir constantly while cooking, being careful to stir from the bottom of the dish. Take them up as soon as they thicken.

Scrambled Eggs.

Put a little butter in a stewpan, break in the eggs, add salt, and stir until they are cooked through.

Dropped Eggs.

Break the eggs into boiling water, and when they are set take them out carefully and lay on buttered toast.

Baked Eggs.

Butter a common pie-plate, break carefully six eggs into it, season them with salt, pepper, and the juice of a lemon, put some pieces of butter on top, and bake in a slow oven till they are set.

Digitized by Google

Eggs with Cheese.

Take the dish that is to be put on the table, butter it, put in a layer of cheese sliced thin, and a little cream; then break in as many eggs as there are persons to eat, season to taste, shake some grated cheese over them, and bake in a slow oven till they are set.

Omelet.

Break six eggs into a basin, add salt and pepper, and beat until very light; put some fresh butter in an omelet pan, when it is hot pour in enough of the eggs for an omelet, and, when it is set and has become a nice brown, double it over and serve.

Ham Omelet.

Chop some boiled ham quite fine, add several eggs beaten thoroughly, and fry.

Spanish Omelet.

Chop some ham as above, add two small onions chopped and the eggs, and fry as above.

Milk Omelet.

Break eight eggs into a basin with a teaspoon of salt and a little pepper, add four tablespoons of milk, a small piece of butter, beat very light, and fry.

Digitized by Google

Omelet with Sweet Herbs.

Add to the beaten eggs a little parsley, celery, thyme, and a bay leaf, all chopped very fine; season with salt and pepper, and beat thoroughly together.

Bread Omelet.

Soak one-half cup of bread crumbs in half a cup of milk until soft, mash fine, add four eggs well beaten, salt, pepper, and butter, and fry.

Sweet Omelet.

Break six eggs into a basin, add one spoonful of sugar, three of cream, and a few small bits of butter, beat all together, and fry. When done, sift powdered sugar over them.

Strawberry Omelet.

Make a plain omelet, and when cooked take from the pan and add fresh strawberries before rolling them up.

Oyster Omelet.

Make a plain omelet, and add some chopped oysters to the mixture.

ENTRÉES AND SIDE DISHES.

Rice Croquettes, No. 1.

HALF a cup of rice, one pint of milk, two tablespoons of sugar, three eggs, a little grated lemon

Digitized by Google

peel, a tablespoon of melted butter, and half a teaspoon of salt. Soak the rice three hours in warm water enough to cover it, drain almost dry, add the milk, and stew in a saucepan set in boiling water till the rice is very tender; add sugar, butter, and salt, and simmer ten minutes. Beat the eggs to a froth, and add, taking the saucepan from the fire while you stir them in, return to the fire and stir while they thicken, but do not let them boil. Remove the saucepan, add the lemon peel, and turn out on a well-buttered dish to cool. When cold and stiff, flour the hands, and roll the rice into oval balls, dip in beaten egg and then in cracker crumbs, and fry in hot lard.

Rice Croquettes, No. 2.

Have some rice nicely boiled, make it into little balls, moisten them with egg, and fry in hot lard. Make a little hole in each ball, and fill with jelly.

Rice Fritters.

Make a batter with one cup of milk, two eggs, a small piece of butter, one teaspoon of cream of tartar, one half teaspoon of soda, a little salt, one cup of flour, and one cup of boiled rice. Drop into hot lard, and fry brown.

Curried Rice.

Take two cups of boiled rice, put in a stewpan with brown gravy enough to moisten it, a chopped onion, pepper, salt, and two tablespoonfuls of curry powder.

Digitized by Google

Apple Fritters.

Make a batter of one egg, half a cup of milk, one teaspoon of cream of tartar, one half teaspoon of soda, a teaspoon of butter, and flour; peel and chop six large apples, mix with the batter, and fry in hot lard.

Peach Fritters.

Make a batter as for apple fritters, quarter the peaches, stir into the batter and fry.

Sweet Potato au Fritur.

Boil six sweet potatoes, mash fine and sift them; add three well-beaten eggs, salt and pepper to taste, and milk enough to moisten; make into small rolls, flour them, and fry in hot fat to a light brown.

Orange Fritters.

Make a batter with one cup of milk, two eggs, one-half cup of sugar, one teaspoon of cream of tartar, one-half teaspoon of soda, and flour. Peel four oranges, divide into quarters, dip each piece in the batter, and fry in hot lard.

Welsh Rabbit.

Have some slices of stale bread nicely toasted and buttered. Put in a stewpan some cheese cut in small pieces, with a little salt, pepper, and a very little mustard; add a little butter, melt all together, and pour over the toast.

Digitized by Google

Corn Oysters.

Twelve ears of corn grated, two eggs, one teaspoon of soda, salt, pepper, and flour enough to make a batter. Fry like fritters.

Macaroni Boiled Plain.

Break the macaroni in eight or ten inch pieces, put in a stewpan with salt and boiling water to a little more than cover, boil gently till very tender, drain, and serve.

Macaroni à la Rhine.

Boil some macaroni till quite tender, have ready some grated cheese and sifted cracker or bread crumbs. Put in a bake-dish a layer of macaroni, a layer of crumbs, then a layer of cheese, with a little salt and pepper and a few bits of butter. Alternate thus till the dish is full, having a thick layer of cheese on top, with butter. Fill the dish with milk, and bake twenty minutes; brown the top with a hot shovel.

A Delicious Dish of Macaroni.

Pour boiling water upon the macaroni, with a little salt; boil till tender, drain as soon as possible. Take one pint of boiling milk, thicken it with one teaspoon of corn starch; just before removing from the fire, stir in one beaten egg, a piece of butter, and a little mace; pour over the macaroni. Serve with grated cheese, on a separate dish.

Digitized by Google

Boiled Macaroni in Milk.

Pour a little boiling water on the macaroni, and cook it fifteen minutes; then add milk enough to cover, and salt, and boil until it is tender.

Sweetbreads Broiled.

Soak them in water two hours to take out the blood, boil five minutes; after they are cool, roll them in bread crumbs moistened with egg, and broil over bright coals.

Sweetbreads à la Toulouse.

Soak in water two hours, boil ten minutes to set them firm, and put them in water to cool. Lay them in a pan with sliced carrot, onion, and celery, add stock to almost cover, put them in a quick oven to bake twenty minutes, basting often with the liquor, brown with a hot shovel, and serve.

Beef Kidney with Wine Sauce.

Mince a beef kidney, and chop some parsley and a little shallot, mix with the meat, seasoning with pepper and salt; dredge a little flour over, and put it in a stewpan with some butter, stew till tender, then add a teacup of rich gravy and a glass of wine.

Kidneys à la Fifth Avenue.

Cut the kidneys in neat dice pieces, removing all the skin and rags; put them in a stewpan with water to cover, and a little salt, cinnamon, and clove; let

Digitized by Google

them boil twenty minutes, skim out, and to the liquor add a little flour thickening, and, if you like, a glass of wine; return the kidneys to the gravy, boil a few minutes, and serve.

Ox Tails with Wine Sauce.

Procure nice, fat ox tails well cleaned, separate them at each joint, put in a stewpan with cold water to more than cover, boil until tender, then add a carrot, an onion, a head of celery, all chopped fine, a blade of mace, salt and pepper, and boil until the vegetables are cooked. Take from the fire, reserving liquor enough for a sauce, to which add a glass of Madeira wine.

Calves' Liver with Madeira Sauce.

After soaking the liver awhile in cold water, put in a stewpan with cold water and a little salt, and boil till tender. Chop fine, season with salt and pepper, and serve with Madeira sauce poured over.

Turkeys' Wings with Wine Sauce.

Take the wings of two or more turkeys, stew gently till tender, add salt and pepper, and serve with wine sauce poured over.

Quenelles of Chicken.

Boil a chicken tender, take out the bones, chop very fine, moisten with drawn butter, season with salt and pepper, and make into small balls. Roll each in dry crumbs and fry in hot fat till a light brown.

Digitized by Google

Lamb's Fries.

Procure from the butcher some fresh Lamb's Fries, cut them in thin slices, season with salt and pepper, roll in crumbs or flour, fry brown on both sides, and serve with sharp sauce.

Friars' Chicken or Rabbit.

Take a couple of young chickens or rabbits, put them into a pan with any remnants of mutton, or bones. Let one of the chickens or rabbits just scald, take it out and cut it into joints; put back the remains in the pot with the rest, and boil all together till you think the broth is strong enough. Then strain it, and skim off all the fat. Put the broth in again with the pieces of rabbit or chicken that are to be served, and a handful of finely chopped parsley, boil about an hour. Just before taking up, add two well-beaten eggs, and stir constantly until served.

Curried Beef.

Cut any pieces of beef you may have into small pieces, put in a stewpan with an onion and brown gravy enough to cover; stew till the onion is tender, season with salt, and add two tablespoons of curry powder.

Curried Lamb.

Chop not very fine the remains of lamb, and warm in a stewpan with a little white gravy, salt, and pepper, and two tablespoons of curry powder.

Digitized by Google

Broiled Bones.

Divide the bones, rub them with pepper, salt, and mustard, and broil over bright coals. Serve with fried potatoes.

Marrow Toast.

Break a marrow bone, cut the marrow into pieces an inch thick, and put into boiling water with a little salt; boil one minute, remove quickly, drain on a sieve, season with pepper, salt, and lemon juice, spread it out on crisp dry toast and serve immediately.

Boiled Marrow Bones.

Take marrow bones from the centre of a round of beef, have them sawed into convenient lengths, cover both ends with paste made of flour and water, place them upright in a stewpan and pour in hot water enough to two-thirds cover the bones. Cover the stewpan, and boil half an hour. Remove the paste, wrap each bone in a napkin, and send to the table with hot dry toast.

Cutlets à la Italienne.

Chop a quantity of sweet herbs, parsley being the predominant; melt a little butter, and warm the herbs in it; cut the cutlets into handsome shapes, brush them with the yolk of an egg, then lay on the butter and herbs with a knife, and cover them well with bread crumbs,—this process should be repeated; fry them to a fine brown. They must be put between

Digitized by Google

papers to press out all the grease, and brush them over with the egg, and send to the table.

Raymons de Mouton.

With a sharp knife cut mutton kidneys in thin slices; flour and fry quickly till they are quite crisp, while frying add salt and pepper. Serve them in a good gravy, to which a bit of garlic has given a slight flavor.

Cutlets à la Reform.

Take a small neck of mutton, separate into cutlets and trim each neatly. Chop a few shallots, add two ounces of butter, two tablespoons of bread crumbs, and one egg. Rub the cutlets on both sides with this mixture, and fry. Serve with the following sauce: Two tablespoons of stock, two tablespoons of cream, a little lemon juice, and the yolks of two eggs.

Bonne Bouche of Cheese.

Toast a pretty thick slice of bread, and while hot saturate it with butter; throw over it grated cheese as thick as the bread; season with salt, pepper, and mace. Melt the cheese with a salamander or red hot shovel, then lay on another coating of cheese, and melt this also.

Calves' Feet au Fritur.

Take calves' feet which have been boiled until very tender, remove the bones, cut them into well-

Digitized by Google

shaped pieces, season with white pepper and salt, dip into batter and fry. Serve them with a sharp sauce or garnish of pickles.

Miroton of Lobster.

Take the meat of a good-sized lobster, put it in a mortar with the crumbs of a French roll soaked in cream, pound well together; then add the yolks of three eggs and some fat of ham, also pounded; season with salt, pepper, and a little mace; add the whole of an egg beaten to a froth; take care that the spawn of the lobster has been pounded with the rest. Line a mould with some slices of fat bacon, put in the mixture and boil an hour and a quarter. Serve in a dish with lobster sauce around.

D'Almoys, A Turkish Dish.

Take equal quantities of cold dressed veal minced very fine, fat, and crumbs of bread, and season it well; add chopped onions, parsley, salt, and cayenne pepper; wet it with one or two eggs according to the quantity, adding, if necessary, a little cold melted butter; make the mixture into balls or egg-shapes, and roll them in as much boiled rice as they will take around them. Stew them one hour and a half in good gravy well seasoned, and serve them up in it.

Miroton of Beef.

Cut in small slices two large onions, put them in a stewpan with half a cup of butter, put it over a slow fire, stirring it until brown; add a teaspoon of

Digitized by Google

flour, moistened with one cup of broth or stock; season with salt, pepper, and a little sage. Put in the beef, cut in thin slices, and let it simmer a few minutes. If convenient, add a glass of sherry.

Fried Salmon Roe.

Boil the hard roe of a salmon or any other fish; when done, drain and cool; cut them in small slices with a sharp knife, bread crumb them, and fry in butter.

Grilled Salmon.

Broil a piece of dried salmon, put over it fresh butter, cayenne, and the juice of a lemon.

Prof. Soyer's Blanquettes of Turkey.

Cut off the flesh from the remainder of a roast or boiled turkey, into as large, thin slices as possible; then break up the bones, which put into a stewpan with a little lean bacon, an onion, a small bunch of parsley, thyme, and a bay leaf; just cover with water, and boil gently three-quarters of an hour; skim and pass the stock through a clean cloth, and with it make a white sauce. Then put the meat into another stewpan, seasoning it with salt, pepper, and nutmeg, just cover with the sauce, and warm it gradually, not permitting it to boil. When very hot, stir in three tablespoons of cream, with which you have mixed the yolk of an egg, and when it begins to thicken serve it on a dish with bits of toasted bread.

Digitized by Google

Escalloped Lobster.

Split a boiled lobster in halves, take out all the meat without injuring the shell; trim off the ragged edges from the two halves of the body shell, likewise from the tail and claw pieces. Let all the meat be cut in small pieces and reserved in a plate. Pound the pith, coral, and spawn of the lobster in a mortar with a small bit of butter, rub it through a sieve, put this into a stewpan with a little white sauce of any kind, a little essence of anchovy, nutmeg, cayenne, and the juice of a lemon. Stir the sauce over the fire for a few minutes, add the lobster meat and the yolks of two eggs, stir again on the fire and make it hot. Fill the prepared lobster shells with this mixture, and dish up on a folded napkin.

Lobster Baked in the Shell.

Take the meat from the lobster, chop fine, season with salt, pepper, a little butter, and a few bread crumbs. Take the back shell of the lobster, wash and dry thoroughly. Put the mixture into and draw the shell closely around it, tie it together; bake in the oven fifteen minutes, remove the string and serve hot.

Frogs' Legs Broiled.

After having skinned and washed them, broil them over hot coals and serve with plenty of butter on them.

Digitized by Google

Frogs' Legs Stewed.

Stew them until tender in white stock, season and add a little thickening and a piece of butter, and serve.

Chicken Salad.

Boil a chicken till very tender, take from the bones, removing all the skin and gristle; chop rather fine, add a little salt. Have ready an equal quantity of celery chopped, mix thoroughly.

Salad Mixture.

Have ready all the following ingredients, as after you begin to mix salad dressing you must not stop, or the oil will curdle. First take two tablespoonfuls of dry mustard, put in an earthen dish, and mix with it enough vinegar to moisten, a little salt, and one tablespoonful of brown sugar; then mix in gradually, stirring constantly, nice salad or olive oil, until it becomes a thick batter; add the yolks of three raw eggs, not beaten, stirring all the time, then two tablespoons of vinegar, stir five minutes longer, then add one cup of rich cream, and beat vigorously. This dressing will keep some time.

Partridge Salad.

Make the same as Chicken Salad.

Lobster Salad.

Chop fine the meat of a lobster; add an equal quantity of lettuce, cut fine; add the green part of

Digitized by Google

the lobster to the dressing, which is the same as for Chicken Salad.

Potato Salad.

Chop cold boiled potatoes, add a little parsley and onion, and pour over salad dressing.

Salmon Salad, or Mayonnaise.

Take cold boiled salmon, pick it in small bits; chop fine a head of celery and half a head of lettuce, mix with the salmon, and pour the dressing over.

Italian Salad.

Take one dozen cold boiled potatoes, six carrots, three cucumber pickles, four onions, one head of lettuce, all chopped fine, and mix in with them two tablespoonfuls of capers. Make a dressing of the yolks of three eggs boiled hard, half a cup of vinegar, half a cup of sweet oil, one teaspoon of mustard, with salt and a little cayenne pepper. Mix well with the salad.

German Salad.

One head of cabbage boiled, six cold boiled potatoes, four carrots, four onions, a little fried ham, three cucumber pickles, two tablespoonfuls of capers. Chop fine, and mix thoroughly. Make a dressing of one beaten egg, a cup of vinegar, half a cup of salad oil, a little brown sugar and pepper, salt.

French Salad.

Cut a pound of cold cooked beef in thin slices, put in a salad bowl with one head of fresh lettuce cut

Digitized by Google

in fine shreds. Season with a teaspoonful of salt, a little pepper, two tablespoonfuls of vinegar, and five tablespoonfuls of salad oil, all thoroughly stirred together.

Cold Slaw.

Shave into small shreds a head of white cabbage. Make a dressing of a little mixed mustard, salt, pepper, sugar, the yolk of an egg and vinegar, mix thoroughly, and pour over the cabbage.

Fried Apples.

Slice unpeeled apples thin, fry some salt pork, remove it from the pan, leaving a little of the fat. Put in the apples, adding a little water and a spoonful of molasses or brown sugar, cover, and stir occasionally, till they are cooked through.

Omelette au Thou.

Take the roe of a salmon or any fish convenient, put it in boiling water, with a little salt, for five minutes. Take a piece of fresh butter, the size of an egg, to which add one shallot chopped, mix all well together, put them into a saucepan with a good piece of butter, and stir briskly until the butter is melted. Take a second piece of butter, *à discretion*, mix it with parsley and herbs, put it in the omelet dish, squeeze the juice of a lemon over it, and place it on the stove. Beat up twelve eggs, throw in the roe and fish, stirring all together, then fry the omelet as usual. Serve very hot. This is considered a most *récherché* omelet.

Digitized by Google

BREAD.

THE most important thing in making good wholesome bread is the utmost cleanliness, and next the best of all ingredients. There must also be attention and care throughout. Sometimes a second quality of flour with a half mixture of the best will make nice bread, when either alone would be a failure. And flour that makes the best bread is not good for pastry. The second quality of flour is best for pastry and cake almost invariably.

Hop Yeast.

Boil half a pint of hops in a quart of water; when it has boiled fifteen minutes, strain it through a cloth, and add two tablespoonfuls of salt and half a cup of sugar; put the hop tea in a saucepan on the stove, mix some flour in cold water and stir into the hot tea, until it is about the thickness of thin batter; boil five minutes, and set it away to cool. When lukewarm, add a cupful of yeast, and set it in a warm place to rise, then put it away in a stone jar.

Potato Yeast.

Boil some potatoes till very tender, peel and mash them fine, and to six potatoes add one cup of flour. Stir in of the water in which the potatoes were boiled enough to make a thick batter, add salt, and a cup of yeast, and put in a warm place to rise. When light, put away for use.

Digitized by Google

Bread.

Set the sponge at night with a quart of flour, a little salt, a gill of yeast, and warm milk enough to make a thick batter. In the morning, stir in flour enough to form a dough, knead it thoroughly, and put it in a warm place. When it is light and spongy, knead it again, mould it into loaves, and put them into greased pans. As soon as they rise again, bake them.

Allow one quart of flour for an ordinary sized loaf. If it is not convenient to use milk to mix bread, water will answer, with the addition of a little shortening.

Potato Bread.

Peel and boil some potatoes till very tender, mash them and add as much warm water as will make a batter as thick as cream, pass it through a sieve, when cool add a little salt and some yeast, and flour to make a thick batter, and let it rise. In twelve hours, stir in flour enough to make a dough, knead it well, and let it rise again. Then mould it into loaves and put it in the pans, let them rise, and bake slowly.

Rye Bread.

Two cups of wheat flour, two cups of rye, one-half cup of yeast, one tablespoon of brown sugar, a piece of butter the size of a nutmeg. Make a stiff batter with lukewarm water, and let it rise over night.

Digitized by Google

Graham Bread, No. 1.

Three pints of warm water, one cup of wheat flour, one cup of Indian meal, one small cup of yeast, one-half cup of molasses, one teaspoon of salt, add as much graham flour as will easily stir in with a spoon. Do this at night, and in the morning stir it a few moments and add a teaspoon of saleratus. Put it in two deep pans, and let it stand near the fire one hour to rise. Bake an hour and a half.

Graham Bread, No. 2.

One pint of sour milk, one teaspoon of soda, one teaspoon of salt, one tablespoon of molasses, one-third as much wheat flour as graham. Mix a stiff batter, and bake in a slow oven.

Brown Bread, No. 1.

Take one cup of rye meal and two cups of Indian meal, two cups of sour milk, one-half cup of molasses, a little salt and one teaspoonful of soda, mix well together. Grease a steamed-pudding dish, and pour in the mixture till the dish is two-thirds full, cover tight, and put it in a kettle of boiling water, not letting the water boil quite to the top; take care that the kettle does not get dry. Boil three hours and a half, then remove from the kettle and set in the oven, with the cover off, for half an hour.

Brown Bread, No. 2.

Five cups of rye meal, three of Indian meal, half a cup of yeast, a large spoonful of molasses, one even

Digitized by Google

teaspoonful of saleratus, a little salt. Mix with warm water, and let it rise two hours.

Mt. Desert Brown Bread.

Two cups of sweet milk, one of sour milk, two cups of meal, three cups of flour, four spoonfuls of molasses, one teaspoon of salt, one teaspoon of soda. Steam three hours.

Brown Bread, No. 3.

One quart of Indian meal, one pint of rye flour, one teaspoon of salt, one cup of yeast, one cup of molasses. Mix with equal parts of milk and water to a stiff batter, let it rise over night, steam four hours, and bake one hour slowly.

Pulled Bread.

Take a hot loaf, pull out the crumb, and divide it into rough pieces by pulling it apart lightly and quickly with the fingers of both hands. Place these pieces on a baking-sheet lined with paper, and bake them again till a light brown, and serve.

Parker House Rolls.

Sift two quarts of flour into a pan, make a hole in the centre, put in nearly a cup of yeast, one pint of cold scalded milk, a large spoonful of butter, and two tablespoonfuls of sugar. Mix this in the morning, let it rise and cut it down two or three times, roll out and put in the pans to rise about two hours before baking.

Digitized by Google

Tea Rolls.

Two quarts of flour, one-half cup of sugar, one-half cup of yeast, one tablespoon of butter, one pint of warm milk. Mix over night, in the morning knead thoroughly, and in four hours roll into small cakes, put in the pans, and let them rise till tea-time.

Soda Biscuit.

To one quart of flour, take one teaspoon of soda and two of cream of tartar, and a very small piece of butter; mix thoroughly in the flour, add a little salt, and milk enough to mix quite soft; roll out, cut into biscuit, and bake immediately.

Popovers.

Four eggs, four cups of flour, four cups of new milk, and a little salt. Beat thoroughly, and bake in muffin-tins filled half full.

Cream Biscuit.

Take one cup of cream and sour milk, one teaspoon of soda, and a sift of sugar, thicken with flour enough to make a stiff batter, drop on tins, and bake quickly.

Strawberry Shortcake.

One quart of flour, one teaspoon of soda, two of cream of tartar rubbed into the flour, a little salt, one tablespoon of butter or one cup of cream; mix with milk to a soft dough; bake in a round tin.

Digitized by Google

When it is done, split and butter it, and cover thickly with strawberries which have been standing with sugar on them for two hours. Eat with cream.

Jenny Lind Tea Biscuit.

Two eggs, one-half cup of sugar, two cups of milk, three cups of flour, one heaping teaspoon of cream of tartar, one even teaspoon of soda, and a little salt. Bake in muffin-rings twenty minutes.

Rye Cakes.

One quart of milk, four eggs, two cups of rye flour, three cups of wheat flour, one spoonful of sugar, and one of salt. Bake in little tins.

Corn Cake, No. 1.

One cup of milk, two eggs, one teaspoon of cream of tartar, one half teaspoon of soda, a little salt, a tablespoon of sugar, and corn meal to make a very thin batter.

Corn Cake, No. 2.

One pint of sour milk, half a cup of sugar, two eggs, one teaspoon of soda, a pint and a half of meal.

Johnny Cake.

Two cups and a half of Indian meal, one and a half cups of flour, two and a half cups of sweet milk, and one cup of sour milk, three tablespoons of molasses, one teaspoon of soda, and one of salt.

Digitized by Google

Hoe Cake.

Scald one quart of Indian meal with just water enough to make a thick batter, stir in two tablespoons of butter, and two teaspoons of salt. Pour into a buttered cake-pan, and bake half an hour.

Sally Lunn.

One cup of sugar, one-half cup of butter, one pint of milk, one quart of flour, two teaspoons of cream of tartar, one teaspoon of soda. Bake twenty minutes.

Hot Cross Buns.

Mix two quarts of flour, one pint of sugar, and one pound of currants. Make a hole in the middle of the flour, put in a wine glass of yeast, and one quarter of a pint of warm milk, make a thin batter, and set the pan before the fire till the batter begins to rise. Then add to it half a pound of melted butter, and enough warm milk to make a soft paste of all the flour. Let it rise once more for half an hour, shape the dough into buns, lay them apart on buttered tins in rows, let them rise half an hour longer, and bake in a quick oven twenty minutes.

Buns, No. 2.

One cup of sugar, two-thirds of a cup of butter, one cup of milk, one pint of raised dough, one cup of currants.

Digitized by Google

Muffins, No. 1.

Melt half a cup of butter in a pint and a half of milk, add a little salt, a gill of yeast, and four eggs, mix all together, and then stir in flour to make a batter rather stiffer than for griddle cakes. Let it rise, and when perfectly light bake in rings. In cold weather, this may stand two or three days and not get sour.

Muffins, No. 2.

One quart of flour, two teaspoons cream of tartar, one of saleratus, three eggs, one half pint of milk, and a little salt.

Muffins, No. 3.

One quart of flour, two eggs, one tablespoon of sugar, two teaspoons of cream of tartar, one teaspoon of soda, a little salt, and milk enough to make a stiff batter.

Waffles.

One pint of milk, half an ounce of butter, two well-beaten eggs, one half gill of yeast, a little salt, and flour to make a batter as for griddle cakes; beat well, and when they have risen heat the waffle irons, butter them, pour in some of the mixture and brown both sides.

Waffles, No. 2.

One pint of warm milk, one teaspoonful of butter, three well-beaten eggs, and flour enough to make a batter.

Digitized by Google

Quick Waffles.

Take cold milk, mix it with flour enough to make a batter, add to one quart of flour, six eggs, a spoonful of melted butter, a teaspoonful of salt, a little nutmeg, and four ounces of sugar. Bake immediately.

Cream Waffles.

Half a pint of cream, half a pint of milk lukewarm, add six eggs beaten light, and a little salt, and stir in gradually one quart and a half of lightly sifted flour.

Rice Waffles.

One cup of boiled rice, one ounce of butter, three well-beaten eggs, three cups of flour, and milk enough to make a batter.

Buckwheat Cakes.

Put three pints of warm water into a stone jar, add one-half cup of yeast, a teaspoon of salt, and stir in buckwheat flour enough to make a thin batter, cover the jar and set it in a warm place to rise until morning. When ready to bake, stir in a teaspoon of soda.

Indian Meal Griddle Cakes.

Beat two eggs, stir in a quart of milk, a little salt, and Indian meal enough to make a batter.

Rice Griddle Cakes.

Make a batter with two eggs, a cup of milk, a small piece of butter, one-half teaspoon of soda,

Digitized by Google

one teaspoon of cream of tartar, and flour; then add as much boiled rice as will mix well.

French Pancakes.

Mix the yolks of three eggs with half a tablespoon of fine flour, a little salt, the grated rind of a lemon, then add half a pint of cream well whipped, and the whites of eight eggs beaten to a stiff froth; mix all lightly together, fry a light brown on both sides, roll as you would an omelet, and sift sugar over them.

Shrove-Tuesday Pancakes.

Mix one cup of flour, four eggs, a little salt, some grated lemon peel, and a pint of milk or cream. Spread this batter thin on a buttered griddle, and fry brown on both sides. When done, sprinkle a little sugar over and roll them up like an omelet, squeeze a little lemon juice on, and serve very hot.

Strawberry Pancakes.

Prepare the same as Shrove-Tuesday Pancakes, and when baked roll in fresh strawberries well sugared, taking care to have the berries well covered.

Hasty Pudding.

Boil in a kettle three quarts of water, add a spoonful of salt; mix a pint of Indian meal in cold water and stir it into the boiling water, boil three-quarters of an hour, and then sift in two or three handfuls of dry meal, stir often to keep it from burning, and let it boil at least two hours.

Digitized by Google

Oatmeal.

Allow a teacup of oatmeal to one quart of water. Soak it over night, and cook it an hour in the morning, adding salt to season, and stirring often. If it becomes too thick, put in more water. If it is not soaked, two hours' cooking will be required.

To boil Rice.

Rice should be picked over and washed in several waters. Put one pint in three quarts of cold water, add three teaspoons of salt, boil quite fast for twenty minutes, then pour off most of the water and set it uncovered upon the stove to dry.

Or put one pint of rice into two quarts of cold milk, add two teaspoonfuls of salt, and boil very slowly one hour.

Hominy.

Soak several hours, and cook the same as Oatmeal.

Hasty Pudding, Hominy, Rice, and Oatmeal are very nice cut in slices, when cold, and fried in butter or pork fat.

Fried Brown Bread.

Cut very thin slices of cold brown bread, have in the frying-pan a little butter, and fry each piece brown on both sides.

Milk Toast.

Put some milk with a large piece of butter on the fire, and when it is boiling stir in a little flour thick-

Digitized by Google

ening. Toast rather thin slices of stale bread, dip them quickly in hot water, and then in the hot milk. When all are done, pour the rest of the milk over the toast in the dish.

Buttered Toast.

Have stale bread toasted brown on both sides. Melt a large piece of butter in some hot water, and dip each slice of toast into it and lay in the toast dish.

To make richer toast, dip the bread in hot water, and then spread butter over each slice.

Devil Mixture for Sandwiches.

Chop cooked ham very fine, mix it smooth with vinegar, season it with salt, pepper, mustard, and spices, and put it away in jars for use at any time. Boiled tongue can be prepared in the same way.

Deviled Sandwiches.

Cut stale bread in very thin slices, butter thinly, and spread over the above mixture.

Tongue Sandwiches.

Butter thin slices of bread, spread on a layer of mixed mustard, and put a slice of tongue between two slices of bread.

Ham Sandwiches.

Prepare as above, perhaps with a little more mustard.

Digitized by Google

Partridge Sandwiches.

Cut in thin slices cold roasted partridge with chestnut dressing, and lay between slices of buttered bread, with a little salt, but no other seasoning.

Cold chicken and turkey are nice for sandwiches, with mustard seasoning.

To make Sandwiches for an Evening Party.

Cut stale bread in thin slices, and cut off the crust. Spread a thin layer of the devil mixture on one slice and butter another, put together, and press gently till they adhere. Then cut into pieces about two inches square, and pile on a plate.

PASTRY.

Allow one pound of shortening to one pound of flour. Take half butter and half lard. Put the flour in a basin, work the lard in thoroughly with a spoon or with the hands, if cold; add a little salt; when the lard and flour are well mixed, add gradually ice water enough to make a dough, so that you can roll it out, line the plates with this. Have the salt well washed from the butter, and squeeze it dry. Roll the rest of the paste out, handling it as little as possible; take one quarter of the butter and put on the paste in little bits, sprinkle a little flour over, and roll it up as you would a piece of paper; set it up on the end, press it down, and roll out

Digitized by Google

again, put more butter on, roll up, and continue thus till all the butter is used. Then set it away in the ice-chest, and when thoroughly cold it is ready for use.

Puff Paste.

Make the same as above, only use all butter, and roll it in six times instead of four.

Common Paste for Family Pies.

One pound and a quarter of flour, half a pound of butter, and half a pint of water. Roll it out two or three times.

To ice Pastry.

To ice pastry, which is usual for tarts and nice pies, beat the white of an egg to a stiff froth, and when the pastry is nearly done brush it over with the egg, and sift on some powdered sugar. Set it back into the oven for a few minutes. Great care should be taken that the pastry does not burn, as it is quite liable to do after the icing is laid on.

Potato Pastry.

FOR MEAT PIES OR POT PIES.

Four large potatoes boiled and mashed while hot, one cup of milk, two tablespoonfuls of butter, and flour to roll.

Mince Pies, No. 1.

Boil till tender a piece of a round of beef, when cold mince very fine, add one quarter as much suet, and half as much chopped apple; mix thoroughly, add boiling hot cider enough to moisten it well.

Digitized by Google

Put it on the fire, add brown sugar enough to sweeten, and ground cloves, cinnamon, mace, nutmeg, salt to taste, and a little molasses to color it, also some dried lemon or orange peel pounded. Cook it slowly, stirring carefully for an hour, and just before taking from the fire add raisins and citron chopped, and currants. When almost cold, pour in a good quantity of wine and brandy. This will keep the entire winter.

Line the plates with pastry, fill with the mince meat, and, should the mixture be too dry, moisten it with a little cider or hot water. Cover with puff paste.

Mince Meat, No. 2.

Three pounds of chopped meat, two pounds of suet, three pounds of raisins stoned and chopped, ten apples, eight crackers pounded, one-quarter of a pound of citron chopped, two ounces of clove, one ounce of cinnamon, two nutmegs grated, a little mace, one quart of cider, one pint of molasses, three pounds of sugar, one pint of brandy, and one pint of wine. Boil the suet half an hour, and chop it fine. Heat the cider, molasses, and pounded cracker together, add a tablespoonful of salt, and mix with the other ingredients.

Cracker Mince Pies.

Pound ten Boston crackers, pour over them one and a half pints of boiling water, add two cups of raisins, three cups of brown sugar, one cup of molasses, one cup of vinegar, one-half cup of butter, put in with the cracker one teaspoonful each of cloves,

Digitized by Google

mace, nutmeg, cinnamon, a little salt, and the juice and grated rind of a lemon. This will make four pies.

Green Apple Pie, No. 1.

Peel the apples and cut them in thin slices; take a deep plate, but do not line it; put in the apples, add sugar enough to sweeten them, a little nutmeg and cinnamon if desired, a few bits of butter, and a little water. Cover with puff paste, and bake in a slow oven. Give time enough for the apple to cook. Should the paste begin to cook too brown, cover it with a paper.

Apple Pie, No. 2.

Make a nice apple sauce, fill the lined plates, and cover with puff paste.

Marlborough Pie.

One quart of sifted apple sauce, four eggs, one pint of milk, one nutmeg, three-quarters of a cup of butter. Line the plates with puff paste, but do not put on a top crust.

Mock Apple Pie.

Two crackers pounded fine, one cup of sugar, one cup of water, the juice and grated rind of one lemon, and a little nutmeg.

Rhubarb Pie.

Peel the rhubarb, and cut it in small pieces; pour boiling water over, and drain it off. Line the plates,

Digitized by Google

fill with rhubarb, add a cup of sugar and a small piece of butter to each pie, sprinkle some flour over, cover with puff paste.

Squash Pie.

To one quart of milk put a pint of sifted squash, four eggs, sugar to taste, a small bit of melted butter, a teaspoon of salt, and a little nutmeg or rose water. Bake in deep-lined pie-plates with no upper crust.

Pumpkin Pie.

Peel and cut the pumpkin, stew till tender, and sift it through a sieve; add milk to make it about the consistency of custard, a little salt, sugar, nutmeg, and cinnamon to taste. An egg is an improvement; but the pie will be good without, only they should be made a little thicker with pumpkin.

Strawberry Pie.

Line the plate, make an edge of thin strips of pastry, lay in the strawberries, sweeten to taste; cover and bake.

Strawberry Tart.

Cut two pieces of puff paste the size of a pie-plate, and bake them. Have the strawberries nicely picked over, spread them on one of the pieces of pastry, sweeten to taste, and cover with the other.

Cherry Pie.

Stone the cherries, line deep plates with pastry, fill them, put a little flour over, and sugar enough

Digitized by Google

to sweeten, add a glass of wine to each pie, and cover with puff paste.

Peach Pie.

Put the peaches into boiling water so that the skins will come off easily, cut them in quarters and take out the stones. Cut out of puff paste long strips, and put twice around the edge of the plate, but do not line it; fill with peaches, add sugar to sweeten, a little nutmeg, and a glass of wine to each pie. Cover with puff paste.

Peach Pot Pie.

Line a deep dish with not very rich paste; pare and slice the peaches, put in a layer of peaches and a layer of sugar till the dish is full; add a little water, cover with puff paste, and bake slowly. To be eaten cold with cream.

Quince Pie.

Line a pie-plate and fill with quince preserve or marmalade; cover with puff paste.

Cranberry Pie.

Pick over and wash a quart of cranberries, put them in a stewpan with a little water, when nearly done add sugar to sweeten well, let them boil down so that there will be only water enough to make them moist when done. Rub them through a sieve, and let them cool. Line the plates with paste, put two or three rims around the edge, and fill with the

Digitized by Google

cranberry sauce; cut some strips of pastry, twist them, and lay over the pie. Bake till the pastry is done.

Marmalade Pie.

Ten apples stewed and strained, ten eggs, ten ounces of sugar, the peel of two lemons grated, and the juice of one. Bake without an upper crust.

Pan Dowdy.

Line a deep plate or pudding dish with paste; pare and quarter the apples, and put in the dish in layers with sugar, nutmeg, and cinnamon, sprinkle a little flour on each layer, add a little water, cover with paste, and bake till the apples are soft. Eat while warm, with cream and sugar.

Lemon Pie, No. 1.

The juice and grated rind of one lemon, one cup of sugar, one cup of boiling water, one egg, one tablespoon of corn starch stirred in with the egg. Put the boiling water in the saucepan, add the sugar and lemon, then the egg and corn starch well beaten together, and a small piece of butter; stir till it thickens like custard.

Frosting for the pie. — Beat the whites of two or three eggs to a stiff froth, add a tablespoon of sugar. Spread this on the pie while hot, and brown lightly in the oven.

Lemon Pie, No. 2.

One lemon, the grated rind and juice, one and one-half cups of sugar, two eggs, two tablespoons of

Digitized by Google

cream, one tablespoon of flour, beat till very light; line the plates, put in the mixture, and bake twenty minutes. Take it from the oven and spread over a frosting made from the whites of two eggs and sugar to make quite thick; set it back in the oven to brown lightly.

Lemon Pie, No. 3.

Grate the rind of one lemon and put it in a plate which is lined with pastry, cut off the white rind, and slice the lemon thin in the plate. Mix one cup of sugar, one-half cup of flour, and one cup of water, and pour over the lemon; cover the pie and bake.

Lemon Pie, No. 4.

The juice and grated rind of one lemon, one pounded cracker, one cup of sugar, two-thirds of a cup of water. Bake in a lined plate, and put frosting on if you choose.

Lemon Pie, No. 5.

One lemon, grated rind and juice, one apple grated, one cup of sugar, and one egg.

Sweet Potato Pie, No. 1.

Two pounds of sweet potato boiled and sifted, one pound and a half of sugar, one quart of milk, twelve eggs, season with lemon or nutmeg. Line the dish with paste and put on a rim, fill and bake slowly.

Digitized by Google

Sweet Potato Pie, No. 2.

Boil sweet potatoes till tender. Line the dish with paste, fill it with potato sliced very thin, season with butter, sugar, and clove, add a little brandy, cover with a rich paste and bake.

Custard Pie.

Make a custard with six eggs to a quart of milk, a little salt and grated nutmeg and sugar to taste. Line the plates and put on a rim of pastry, fill and bake rather slowly.

Cocoanut Pie.

Make a custard and stir into it grated cocoanut and bake.

Rice Pie, No. 1.

One cup of milk, two eggs, half a cup of sugar, one cup of boiled rice, one-half cup of stoned raisins, a little nutmeg and salt. Mix all together, and bake like custard pie.

Rice Pie, No. 2.

Pour one quart of boiling water on ten spoonfuls of clean rice, add salt and boil till very soft; then add a quart of cold milk, five well-beaten eggs, a little nutmeg, salt and sugar to taste. Bake about forty minutes in deep plates, with a lining and rim of pastry.

Digitized by Google

Pastry Sandwiches.

Make a rich puff paste, roll out and cut in neat squares, and bake in a quick oven. Spread marmalade or jelly on the bottom of one of the squares, and lay another over the filling.

A Nice Apple and Jelly Pie.

Line the plate with nice pastry, and put on a rim. Grate some apples, sweeten and flavor to taste, fill the pie and bake. When it is almost cold, fill the pie with jelly, as the apples will have shrunk away from the pastry. Beat the whites of three eggs with three spoonfuls of sugar, spread over the jelly and brown.

Jelly Tarts.

Make the best puff paste as quickly and as cold as possible; put it on the ice, if it freezes it will be all the better. Roll out quickly, cut into rounds with a biscuit cutter, cut narrow strips of pastry and put on four layers to make the rim, bake in a quick oven. When cool, fill with jelly.

Cream Pie.

One cup of sugar, one cup of sweet milk, three cups of flour, one egg, a piece of butter the size of an egg, two teaspoonfuls of cream tartar, one teaspoonful of soda, a little nutmeg. Bake in a round cake-tin.

Cream for the Inside. — One pint of milk, two

Digitized by Google

eggs, one cup of sugar, one-third of a cup of corn starch. Beat the eggs, sugar, and corn starch together, and stir into the milk while boiling, flavor with vanilla, and let it cool. When the cake is cold, cut it in two, and put the cream inside.

Lemon Cheese Cakes.

Boil the peel of two large lemons till they are tender, then pound them in a mortar with a quarter of a pound of sugar, the yolks of six eggs, half a pound of fresh butter; pound and mix all together. Lay puff paste on the dish, fill half full, and bake.

Lemon Cheese Cakes that will keep Seven Years.

To half a pound of butter put two pounds of loaf sugar broken in small pieces, twelve eggs beaten, leaving out the whites of four, the grated rinds of four lemons and the juice of six. Put all into an earthen pan, and let it simmer in a sauce-pan of water over the fire till the sugar is dissolved and the mixture begins to look like honey. When cold, put it into pots. Add grated sweet biscuits when you make the cheese cakes.

Orange Cheese Cakes.

Take half a pound of butter, stir it to a cream, add a tablespoonful of brandy, one egg, the grated rind and juice of an orange, the juice of a lemon, and a quarter of a pound of sifted sugar. Beat all well together, and, if too thick, stir in a little milk.

Digitized by Google

PUDDINGS.

Yorkshire Pudding.

Put in a basin six ounces of flour, mix in four eggs smoothly with a little milk, add a pint and a half of milk and a little salt. Butter a small tin, make it hot, pour in the batter, and put it under the roasting meat. Brown both sides; when done, cut it in squares and serve with the meat.

Garnish Pudding for Roast Goose.

Fry three chopped onions and the same of apples in a little butter, season with sage, pepper, and salt; add this to the Yorkshire Pudding, and cook under Roast Goose.

To make Pastry Cream for Puddings.

Boil half a pint of cream and half a pint of milk with the thin peel of a lemon and a tablespoon of sugar; put this into a stewpan with the beaten yolks of six eggs and two spoonfuls of flour; stir over the fire till it boils, and work it well for five or six minutes, then mix in a quarter of a pound of clarified butter, put it in a basin and stir until cold. If it is too thick, add a little cream.

Suet Paste for Puddings.

Six ounces of chopped suet, three-quarters of a pound of flour, a little salt, mix with cold water,

Digitized by Google

knead lightly, and roll out. Butter a pudding basin, line it with the paste, and fill with whatever is required; wet the edge of the paste, put on a top crust, tie over with a cloth, or put on the dish-cover, and it is ready for boiling.

Pastry Cream Strawberry Pudding.

Put a small pot of strawberry jam with the juice of a lemon in a lined pudding tin, fill the dish with pastry cream. Bake thirty minutes, turn out and serve hot.

Cottage Pudding.

One cup of butter and two cups of sugar beaten to a cream, four eggs, one cup of milk, four cups of flour, one teaspoonful of soda, two teaspoonfuls of cream of tartar. Bake and serve with wine sauce.

Cottage Pudding (Mrs. Cornelius's).

One teacup of sweet milk, three of flour, one coffee cup of brown sugar, one egg, one tablespoonful of butter, one-half teaspoonful of saleratus dissolved in a little of the milk, and stirred in after the other ingredients are mixed.

Date Pudding.

Take six ounces of dates stoned and cut in slices, six sponge cakes soaked in cream, three eggs, the peel of a lemon, a glass of brandy, and sugar to taste. Boil in a pudding-dish an hour and a half, and serve with sauce.

Digitized by Google

Cranberry Roll.

Make a cream of tartar dough, roll it out and spread on cranberry sauce, add a little sugar, roll up and steam two hours. Serve with a sweet sauce.

Quick Pudding.

Three eggs, three tablespoons of flour, three of milk, salt and sugar to taste. Boil one quart of milk, stir in the eggs and flour, and bake fifteen minutes.

Flour Suet Pudding.

One cup of suet, one cup of milk, one cup of molasses, one egg, a little salt, clove, ginger, and cinnamon, one cup raisins, one teaspoon soda, flour to make as stiff as gingerbread. Boil an hour and a half.

Indian Pudding.

Stir gradually one teacup of Indian meal into a quart of boiling milk; when cool, add half a cup of molasses, half a cup of sugar, salt, ginger to taste, half a cup of butter or chopped suet, and one egg. Bake two hours.

Steamed Pudding.

One cup of sugar, one of butter, two of sweet milk, two of flour, one of chopped raisins, nutmeg, clove, allspice, one teaspoon of cream of tartar, one-half teaspoon of soda. Steam three hours.

Digitized by Google

Delhi Pudding.

Pare, core, and cut in slices four large apples, put them in a saucepan with a little grated nutmeg and lemon peel, and two tablespoons of sugar, stir them over the fire till soft. Roll three-quarters of a pound of suet paste quite thin, spread over the apples, sprinkle on six ounces of currants, roll up, securing the ends carefully, and boil or steam two hours.

Quaking Pudding.

Twelve ounces baker's bread in slices, beat eight eggs, stir in several spoonfuls of sugar, add one nutmeg, mix this with a quart of milk, pour it over the sliced bread, let it stand till the bread has absorbed most of the milk, then stir in two spoonfuls of flour and one of salt, and boil one hour.

Apple Tapioca Pudding.

Soak a cup of tapioca in a quart of water two hours. Peel and core six apples, pour the tapioca over them, add a little salt, and bake an hour. Serve with sauce, or sugar and cream.

Baked Apple Pudding.

Stew eight apples, add to them the yolks of eight eggs, the juice and grated rind of a lemon, nutmeg and sugar to taste, and a small piece of butter. Line a dish with paste, put in the mixture, cover and bake.

Digitized by Google

Bird's Nest Pudding.

Pare and core six apples, pour over them a custard made with six eggs and a quart of milk, sweetened and flavored to taste, and bake until it sets.

Apple Suet Pudding.

One pint of flour, one cup and a half of suet, one teaspoon of salt; mix with water about as thick as soda biscuit Put in a pudding-dish alternate layers of crust and sliced apples, and steam two and a half hours. Serve with sauce.

Steamed Apple Pudding.

Take a piece of raised dough or cream of tartar dough, roll it about an inch thick; cut six apples in slices, and roll them up in the dough; season with nutmeg or cinnamon. Steam one hour, and serve with sauce.

Apple Pudding à la Douglass.

Pare and core six apples, fill the hearts with sugar and a clove, put them in a buttered pudding-dish, and fill the dish with a batter made with four tablespoons of flour, a pint of milk, salt, five eggs, and a glass of wine to flavor. Sweeten to taste, and bake three-quarters of an hour.

Boiled Apple Dumplings.

Pare and core the apples, fill the cavities with sugar and a little jam or preserve, roll each in paste,

Digitized by Google

and boil in a cloth three-quarters of an hour. Serve with a nice sauce.

Baked Apple Dumplings.

Prepare as above, and bake forty minutes.

Swiss Pudding.

Line a dish with paste, and put in bread crumbs, sliced apples and peaches in alternate layers, having bread crumbs for the top; fill the dish up with a mixture of half cream and half milk, sweeten to taste, and bake. Turn out, and serve with sugar and cream.

Tapioca Pudding.

Soak half a cup of tapioca in a pint of milk over night; in the morning, boil a pint of milk, add the tapioca to it, and cook a few minutes. Beat the yolks of three eggs with half a cup of sugar and a little salt, add to the milk and cook as you would custard. Put in a dish, spread over the whites of the eggs beaten with a little sugar, and brown in the oven.

Tapioca Cream.

Soak a cup of tapioca in a quart of milk several hours, add the yolks of six eggs well beaten, one cup of milk, one cup of sugar, a little salt, mix well together, put in a kettle of boiling water, stir until it thickens, and set it away to cool. Beat the whites of the eggs, stir half into the cream, and the rest put on top in little dots.

Digitized by Google

Corn Starch Pudding, No. 1.

One quart of milk, six tablespoons of corn starch, three eggs, salt. Boil the milk, add the corn starch rubbed smooth in cold milk, and the eggs beaten, and boil till it thickens. Flavor with vanilla, and put into a mould to cool. Serve with sugar and cream.

Corn Starch Pudding, No. 2.

One pint of milk, the yolks of three eggs, one half cup of sugar, one tablespoon of corn starch made smooth with a little milk, flavor to taste. When the mixture is scalded, pour it into a dish and spread over a frosting made from the whites of the eggs beaten with a spoonful of sugar, and brown in the oven.

Snow Pudding.

Pour one pint of boiling water on half a box of gelatine, add two cups of sugar, the juice of two lemons, and strain. When cool, beat all together with the whites of three eggs to a stiff froth, and pour into a mould. Serve when set, with a rich custard poured over it.

English Plum Pudding.

One pound of suet chopped fine, one pound of stoned raisins, one half pound of currants, two tablespoons of brandy, eight tablespoons of flour, one gill of cream, five eggs, nutmeg, salt, and citron, if you like; mix well, boil steadily two hours, and

Digitized by Google

steam one hour the day you wish to use it. Serve with brandy sance.

Cracker Fruit Pudding.

Three crackers pounded fine, one pint of boiling milk, one half cup of sugar, two eggs, one cup of raisins and currants, all kinds of spice. Boil one hour.

Cracker Plum Pudding.

Split the crackers, spread them with butter, put a layer of crackers in a pudding-dish and cover with raisins; fill the dish half full and pour over a custard made with four eggs to a quart of milk, sweetened and flavored to taste, and bake half an hour.

Queen Pudding.

One quart of milk, one pint of bread crumbs, four eggs reserving two whites, one cup of sugar, the grated rind of a lemon, salt; mix, and bake three-quarters of an hour. When done, spread over the top a layer of jelly or preserves, beat the reserved whites of eggs to a stiff froth, add a spoonful of sugar and the juice of a lemon, lay over the jelly and brown lightly.

Roan Pudding.

One quarter pound each of chopped apples, bread crumbs, suet, and raisins, two ounces of citron, four eggs, a glass of brandy, and a glass of wine, spice to taste. Boil six hours.

Digitized by Google

Sauce. — The yolks of four eggs, one quarter pound of loaf sugar, one gill of sherry wine; beat half an hour in a basin set in hot water.

Tom Pudding.

Four ounces of sponge cake, four ounces of chopped suet, four ounces of chopped apple, four ounces of currants, four eggs, two tablespoonfuls of brandy, candied orange peel, and sugar to taste. Beat all well together, boil three hours, and serve with brandy sauce.

Huntington Pudding.

One cup of boiled rice, one quart of milk, a cup of sugar, salt, and the yolks of three eggs. Bake three-quarters of an hour. Beat the whites of the eggs, and stir in powdered sugar as for frosting; add the juice of a lemon; when the pudding is baked, pour this over and brown.

Harrison Pudding.

One cup of molasses, one and a half cups of suet, one and a half cups of raisins, one teaspoon soda, one heaping teaspoon cream of tartar, one cup of sour milk, spice to taste, and flour to make thick as pound cake. Boil three hours.

Sauce. — Two eggs, nine spoonfuls of sugar, a little butter, and flour, beat to a cream, and pour on boiling water.

Digitized by Google

Salem Pudding.

One cup of butter, one cup molasses, one and a half cups raisins, three and a half of flour, one teaspoon of soda, half a teaspoon of all kinds of spice. Steam three hours.

Sullivan Pudding.

Five eggs, six heaping spoonfuls of flour beaten together with nearly a cup of sugar, stir into a pint and a half of boiling milk, flavor with lemon or vanilla; add raisins or currants if desired, and bake half an hour. Serve with sauce.

Cocoanut Pudding, No. 1.

Bake three Washington Pies; make frosting as for cake, and stir into it a grated cocoanut. Cover the cakes while warm with this mixture, lay them together, and put frosting on top.

Cocoanut Pudding, No. 2.

Make a custard of one quart of milk, five eggs, salt, and sugar to taste; add a grated cocoanut, and bake till it sets.

Farmers' Pudding.

One quart of milk, one cup of Indian meal stirred in while the milk is boiling, one cup of sugar, six apples pared and sliced, one spoonful of butter, allspice, and nutmeg, mix all together, and bake forty minutes.

Digitized by Google

Sunderland Pudding.

Two eggs, one pint of milk, twelve spoonfuls of flour, salt, and spice to taste. Steam an hour and a half.

Floating Pudding.

One pint of milk, three spoonfuls of flour, two eggs. Cook as custard, and serve with sweet sauce.

Honey Pudding.

To one half pound of clear honey add six ounces of butter beaten to a cream; then add three ounces of bread crumbs, and beat all together ten minutes with the yolks of eight eggs, put into a mould, and boil an hour and a half.

Sauce. — Take the zest and juice of two oranges, half a glass of brandy, one teaspoon of arrowroot mixed with cold water, and pour over the whole a cup of boiling water.

Steamed Batter Pudding.

Eight eggs, one quart of milk, one cup of flour, one teaspoon of soda, one heaping teaspoon of cream of tartar, salt. Steam three-quarters of an hour.

Batter Pudding.

One quart of milk, eight tablespoons of flour, three eggs, a little salt; boil in a pail, flavor to taste, put it in the dish to serve, and set it away to cool.

Digitized by Google

Bread Pudding, No. 1.

One quart of milk, with bread crumbs soaked in it till it is a thick batter, add three eggs, sugar to sweeten, a cup of raisins, spice to taste, and a little salt, and bake three-quarters of an hour.

Bread Pudding, No. 2.

One half pint of grated bread, three pints of boiled milk, three eggs, half a cup of molasses, half a cup of sugar, cinnamon, nutmeg, and raisins. After baking one hour slowly, stir it well, and bake two hours longer.

Fried Bread Pudding.

Two eggs, one pint of milk, sugar to taste, half a teaspoon of cinnamon. Cut stale bread in slices, soak in this mixture, and fry brown in butter. Serve with foam sauce.

Foam Sauce.

Beat the yolks of two eggs with one cup of sugar; add one gill of boiling milk, and let it simmer over the tea-kettle, but do not boil it; then add the whites of the eggs beaten to a froth, flavor to taste with wine, nutmeg, or vanilla.

Pound Pudding.

One pound of flour, one pound of sugar, one pound of butter, ten eggs; beat the butter and sugar to a cream, add the eggs, then the flour, and spice to taste. Boil three hours.

Digitized by Google

Bridgewater Pudding.

One quart of milk, five eggs, twelve spoonfuls of flour; bake in cups. Serve with cold sauce.

Cold Sauce.

One cup of sugar, one half cup of butter, stir to a cream with a spoon or the hand, put in a dish and grate nutmeg over.

German Pudding.

One cup of sago, one quart of boiling water, a little salt, two tablespoons of sugar, soak an hour, and pour over apples pared and cored, and bake half an hour. Serve with sauce.

Fig Pudding.

Half a pound of figs, one cup of suet, half a cup of bread crumbs, a tablespoon of sugar, three eggs, one cup of milk, a glass of wine, and a little nutmeg.

Chop the suet and the figs, mix with the other ingredients and boil three hours.

Sauce. — Beat the whites of two eggs to a stiff froth, stir in gradually half a cup of powdered sugar, and pour over them a cup of boiling milk; add a little salt, and season with wine or nutmeg.

Quick Flash Pudding.

Mix some chopped suet with an equal quantity of bread crumbs, a handful of currants, the grated peel of a lemon, two yolks and two whole eggs; beat all

Digitized by Google

together, roll into the form and size of eggs, put them into fast boiling water, and when done they will rise to the top. Serve with sauce.

Orange Batter Pudding.

Make a batter of four eggs, a pint of milk, one and a half ounces of sugar, and three tablespoons of flour. Steam one hour, and when it is turned out of the mould put a small jar of orange marmalade over the top, and send to the table immediately. The flavor of this pudding may be changed by using any other preserve or jelly.

Orange Pudding.

Peel and quarter six oranges, put them in a pudding-dish with half a cup of sugar over them, and let them stand two hours. Make a custard with three eggs and a pint of milk, sweeten to taste, pour over the oranges, and bake till the custard sets. Beat the white of an egg to a stiff froth with a little sugar, spread over the pudding, and brown lightly. To be eaten cold.

Cabinet Pudding.

Butter a mould and ornament it with raisins. Take ten sponge cakes cut in halves, a quarter pound of macaroons, six eggs, leaving out two whites, the peel of a lemon grated, half a pint of cream and a pint of milk. Steam an hour and a half, and serve with wine sauce.

Digitized by Google

German Puffs.

Six eggs, leaving out three whites, one pint of milk, nine tablespoons of flour, a little salt. Bake twenty minutes in cups two-thirds full.

Sauce. — The juice of one lemon stirred thick with sugar, and added to the whites of three eggs beaten to a froth. Pour this over the puffs in a dish.

Brown Betty.

Peel and slice thin nice apples, and crumb some stale bread. Butter a pudding-dish, and put in alternate layers of crumbs and apples, sprinkle on each layer a little brown sugar, cinnamon or nutmeg, and add some small bits of butter. Fill the dish, then pour in a little water, and bake about an hour. If it becomes too dry, add more water. Serve with sauce, or cream and sugar.

Apricot or Peach Pudding.

Make a marmalade of ten apricots or peaches and half a pound of sugar. Then make a custard of the yolks of six eggs and a half pint of cream; mix with the marmalade half a pint of whipped cream, and sugar to taste; add the custard and an ounce of isinglass dissolved in a cup of cold water. Pour into a mould, and cool on the ice.

Iced Almond Pudding.

Blanch and dry half a pound of sweet and two ounces of bitter almonds, pound them in a mortar

Digitized by Google

to a smooth paste; add eight well-beaten eggs, three-quarters of a pound of sugar, a pint and a half of milk; stir over the fire till it thickens, but do not allow it to boil. Strain it into the freezer, and freeze as Ice Cream.

Frozen Peach Pudding, No. 1.

Make a custard of one quart of milk, two teaspoons of farina, four eggs, salt, boil till it thickens; when cold, add a half pint of cream and nine ripe peaches, sift through a sieve, sweeten to taste, add a little essence of almond, and freeze.

Frozen Peach Pudding, No. 2.

Make a custard of a pint and a half of cream, the yolks of eight eggs; add a pot of peach or apricot jam, strain the whole. When cold, add the juice of a lemon, sweeten to taste, and freeze.

Strawberry Iced Pudding.

Make a custard as for Almond Pudding, add a pint of ripe strawberries, and freeze.

Iced Fruit Pudding.

Make a custard, add a quarter of a pound each of citron, dates, strawberries, and oranges peeled and quartered, and freeze.

Digitized by Google

DESSERTS.

Apple Soufflée.

Peel, core, and slice twelve apples, put them in a stewpan with three ounces of butter, the grated peel of a lemon, and a little nutmeg. Stew until the apples are done, stirring occasionally to prevent burning; add five ounces of bread crumbs, sugar to taste; remove from the fire, stir in the yolks of seven eggs, one gill of cream, a glass of brandy, and last the whites of the eggs beaten to a froth. Bake about three-quarters of an hour, and serve immediately when taken from the oven.

Apple Snow.

Peel and core one dozen apples, steam till very soft, put in a glass dish and sprinkle powdered sugar over them. Whip a pint of thick cream and put on top.

Gateau de Pomme.

Peel two pounds of apples, steam them till quite soft, add an equal weight of sugar, the rind and juice of a lemon, and a little water, if necessary. Boil all together three-quarters of an hour, put into a mould to cool. Send it to the table covered with a thick custard.

Delmonico Dessert.

Boil one quart of milk; mix three tablespoons of corn starch smooth, add the beaten yolks of five

Digitized by Google

eggs and a scant cup of sugar; stir into the boiling milk till it thickens, and flavor to taste. Pour into a buttered dish, and set in the oven for a few minutes. Beat the whites of the eggs, add three spoonfuls of sugar, spread over the top and brown lightly. Set on ice, and serve when quite cold.

Orange Salad.

Peel five oranges, divide them in quarters, and lay them in a glass dish. Stone a quarter of a pound of raisins, add a cup of sugar, and four tablespoons of brandy. Mix with the oranges, and squeeze the juice of one orange over the whole.

Ambrosia.

Peel and slice six oranges, put them in a glass dish with alternate layers of sugar, let them stand a few hours, and then grate the white meat of a cocoanut over the top.

Eggs à la Surprise.

Make a small hole at each end of the eggs, and manage to get the inside out without breaking the shells. Stop up one end of the shell with a small piece of very stiff paste; make a custard with five yolks of eggs to a pint of milk sweetened and flavored to taste, fill the shells with this custard by means of a small funnel, stop up the aperture with paste, put them in a stewpan of water and let it simmer gently till the custard is set, take off the paste from the ends and serve.

Digitized by Google

Dutch Flummery.

Pour one pint of boiling water on an ounce and a half of isinglass and the rind of a lemon, simmer till the isinglass is dissolved; strain into a basin, stir in four eggs, the juice of a lemon, a pint of sherry wine, and sweeten to taste; mix all together, and set it in a saucepan of boiling water; stir till it thickens, but do not boil it; add a tablespoon of brandy, pour into a mould and cool. It is better to make this the day before you wish to use it.

Boiled Custard.

One quart of milk, four eggs, two tablespoons of corn starch rubbed smooth in a little cold milk. Put the milk in a pail or basin, set in a kettle of boiling water, add the eggs well beaten and the corn starch, with a little salt and sugar to taste; stir till it thickens, pour out and cool; flavor when nearly cool.

Rice Custard.

A pint of milk, an ounce of ground rice, one egg, sugar to taste, boil all together, flavor as you please, and when served garnish with currant jelly.

Almond Custard.

Boil in a pint of milk two or three bitter almonds, a stick of cinnamon, and a piece of lemon peel, with sugar to sweeten; let it simmer to extract the flavor, then strain and stir it till cold. Beat the yolks of six

Digitized by Google

eggs, mix with the milk and boil till it thickens, adding an ounce of sweet almonds beaten to a paste with rosewater.

Floating Island.

Line a glass dish with sponge cake, and fill it with cold boiled custard. Whip the whites of three eggs to a froth, put it on a sieve and pour boiling water over to cook it; then drop spoonfuls of the froth on the custard, and on them put a very little currant jelly.

Tipsy Cake.

Cut a small sponge loaf into squares, put in a glass dish, and pour a tumbler of wine over it; when well soaked, fill the dish with cold boiled custard.

Ice Cream.

One quart of milk, five eggs, two tablespoonfuls of farina, a little salt, and sugar to make quite sweet, as it loses much sweetness in freezing. Boil the milk, add the other ingredients, and let it thicken; strain, and when cool flavor to taste, and freeze. This can be made as much richer as you choose by using cream, but it is very good without.

Fruit Ice Cream.

Make a custard as above, and add the juice of any fruit.

Strawberry Ice Cream.

One quart of pure cream, one pint of strawberries bruised and strained, sugar to sweeten. Put the

Digitized by Google

sugar with the strawberry juice, and add to the cream, and freeze.

Lemon Sherbet.

Dissolve a pound and a half of white sugar in a quart of water, add the juice of ten lemons, strain, and freeze as Ice Cream.

Orange Sherbet.

The juice of ten oranges and two lemons, a pound and a half of white sugar, and a quart of water. Strain and freeze.

Strawberry Sherbet.

One pound of strawberries, three pints of water, the juice of one lemon. Crush the strawberries with a pound of white sugar, let all stand together a few hours, then strain and freeze.

Whipped Cream.

One quart of cream, four tablespoons of sugar, two tablespoons of brandy, and the juice of a lemon; set the dish in ice or ice water, and beat to a stiff froth.

Syllabub.

Take the juice and rind of a lemon, a glass of brandy, two glasses of wine, and a quarter of a pound of sugar. Put them in a dish, and let them stand twelve hours, then add a pint of thick cream and the whites of two eggs, and beat to a stiff froth. Serve in glasses.

Digitized by Google

Velvet Cream.

Put into a glass dish a little orange marmalade, or any kind of light-colored preserve or jam, squeeze the juice of a lemon, and grate a little of the peel over it, and mix all together. Then dissolve in a small teacup of milk not quite half an ounce of isinglass, boil it with half the rind of a lemon, strain, and add to it a pint of cream sweetened with half an ounce of white sugar; boil once gently, then pour out and stir till nearly cold; then pour it over the preserve, holding it high above the dish that it may settle down into bubbles.

Swiss Cream.

Put three-quarters of an ounce of isinglass into a stewpan with a cup of water, and simmer till it is dissolved, stirring occasionally; strain it, and while it is cooling proceed as follows: rub a lemon on a lump of sugar, scrape the sugar into a deep earthen pan, put in the juice of three lemons and three-quarters of a pint of cream, whisk up quick until it becomes a thick froth, put in sugar to taste. Then add the isinglass cool, but not set, and mix well. When it begins to set, pour into a mould, and in an hour it will be fit to turn out.

Italian Cream.

Put in a saucepan half a pint of milk and half a pint of cream, with sugar to sweeten, and the rind of a lemon; let it scald, and strain it. Then stir in

Digitized by Google

the beaten yolks of four eggs, put it into a kettle of boiling water, and stir till it thickens. Take from the fire, stir in the juice of a lemon and one ounce of isinglass dissolved, whip it well, and pour into a mould or cups to cool.

Roman Cream.

Scald two quarts of milk, add one box of gelatine, stir till dissolved; then stir in four well-beaten eggs, one cup of sugar, flavor with vanilla, and strain into moulds.

Almond Cream.

Pound fine a teacup of blanched almonds. Make a boiled custard of four eggs, a quart of milk, two tablespoons of corn starch, sugar to taste, and a little salt. When the custard is almost cold, stir in the pounded almonds.

Coffee Cream.

Take a coffee cup of made coffee, half a pint of boiled milk, the yolks of eight eggs, a little salt, and half a pound of sugar; stir over the fire till it begins to thicken, strain through a sieve, add two ounces of isinglass dissolved in a little milk, pour into a mould and set on ice to cool.

Chocolate Cream.

Beat the yolks of six eggs, add half a cup of sugar, three ounces of grated chocolate, and a pint of cream. Mix well, and set in a kettle of boiling water; stir till it thickens, but do not boil it, or it

Digitized by Google

will curdle. Strain into a basin, add one ounce and a half of isinglass dissolved in milk, and half a pint of whipped cream. Mix thoroughly, and pour into a mould which has been well oiled with pure salad oil, and set it on the ice till wanted.

Bisque.

Make a boiled custard, add to a quart two dozen pounded or chopped macaroons, and freeze.

Irish Moss Blanc Mange.

Soak a cup of moss a little while, and wash it in several waters. Put it into a quart of milk, and set in a kettle of boiling water for half an hour, or until the milk is thickened; strain through a sieve, sweeten and flavor to taste, and pour into a mould to cool.

A Charlotte.

Butter a mould, and line it with bread cut in thin slices about two inches wide and as long as the mould is deep, and cut a piece to fit the bottom of the mould. Dip the slices in clarified butter and fit into the mould, laying one piece half over another; brush the bread over with egg, to make it stick together when baked. Then fill up the mould with a marmalade of apples, and cover it with tart paste. Bake in a slow oven three-quarters of an hour, and turn it out to serve.

To make the marmalade, peel the apples and cut out the cores, stew them with the peel of two lemons; when soft enough, rub them through a

Digitized by Google

sieve. Then add sugar to sweeten, and cook ten minutes, stirring often to prevent burning. If the apples are not tart, add lemon juice to them.

Charlotte Russe, No. 1.

Boil slowly one ounce of Prussian isinglass in a pint of milk till reduced one half, flavor with vanilla. When cool, strain it on the yolks of four eggs beaten with three ounces of sugar. Whip to a froth one quart of sweet thick cream, having the dish stand in ice water while beating. Add to this the other ingredients while milk-warm. Line the mould with slices of sponge cake, pour in the cream, and cool.

Charlotte Russe, No. 2.

Beat the whites of six eggs to a froth and one pint of cream to a whip; mix, and add two tablespoons of gelatine dissolved in half a cup of milk, sweeten and flavor with vanilla or two tablespoons of brandy, or both; beat till it begins to stiffen, and pour into a mould lined with sponge cake.

Meringues.

Beat the whites of four eggs to a stiff froth, and with a wooden spoon stir in quickly half a pound of powdered sugar. Have a board to put in the oven to prevent the meringues from browning too much. Cut some strips of paper two inches wide, lay on the board, and drop on the mixture a tablespoonful at a time, taking care to have them the same size, and giving them the shape of an egg. Sift on some

Digitized by Google

sugar, and bake in a moderate oven half an hour. When they begin to color, take them from the oven, and slip the papers quickly on the table; slip off each meringue, and with a spoon take out the soft part; put clean paper on the boards, lay on the meringues upside down, and put into the oven again to harden. When required for the table, fill them with whipped cream sweetened and flavored to taste, join two together, and pile them high in a dish.

Kisses.

Beat the whites of four eggs to a froth, and stir in half a pound of sugar, flavor with vanilla, and beat till it is stiff. Drop the mixture on paper, and bake on a board as meringues. When they have hardened, and before they begin to brown, take them out and slip off the paper with a knife as soon as they cool, and join two together.

Jelly Kisses.

Make the kisses as above; when they are cool, scrape out the inside, fill with jelly, and join two together.

Cocoanut Kisses.

Add a grated cocoanut to the above mixture, and bake in the same way.

Orange Jelly.

Pour one pint of water on one ounce and a half of gelatine or isinglass, add half a pound of white sugar, the juice and grated peel of one lemon and

Digitized by Google

ten oranges. Stir over the fire till all is dissolved, boil up once, and strain. Peel and quarter four oranges, and when the jelly is almost cold stir in the oranges, and put into moulds.

Almond Macaroons.

The whites of three eggs, three-quarters of a pound of sifted sugar, three-quarters of a pound of bitter and sweet almonds blanched and pounded or chopped. Drop on sheets of paper, and bake in a quick oven.

Cocoanut Cakes.

The whites of three eggs, three-quarters of a pound of sugar, the grated meat of one cocoanut, or as much as you can well stir in. Drop on paper, and bake in a quick oven.

Cocoanut Whips.

Beat a pint of thick cream to a perfect froth, stir in the white part of a cocoanut grated, and half a cup of sugar. Boil a pint of milk, stir in two beaten eggs till it thickens. When cool, fill custard cups or glasses half full, and fill up with the whipped cream.

Cream Cheese.

Take one quart of very thick cream, tie it tightly in a linen cloth, and hang it up for one week; take it down, turn it into a clean cloth, and hang it up for a few more days. Take it down, put a piece of linen on a deep plate and turn the cream on it, cover

Digitized by Google

with a cloth and a press, turn every day for a fortnight, and sprinkle a little salt on occasionally.

A little chopped sage in this will make a nice sage cheese.

Custard Caramel.

One quart of milk, six eggs, one cup of sugar, flavor with vanilla. Put four heaping tablespoonfuls of dark brown sugar in a pan, and burn it over the fire, stirring constantly till like thick molasses. Then pour the custard upon it, not stirring at all. Place the pan in one of boiling water, and bake three-quarters of an hour. When cold, turn into a deep dish, and serve.

Candied Orange Peel.

Boil the peel in plenty of water till tender, changing the water once or twice to remove the bitter taste. Allow half a pound of white sugar and half a cup of water to each pound of peel. Boil and skim till clear, then put in the peel and boil till the syrup is almost candy. Take out the peel, and put on an inverted sieve to dry. Boil the syrup with additional sugar, put the peel in again, and stir about till the sugar candies upon it. Take out on a sieve, and set in a warm oven to dry. Pack in layers with tissue paper between.

To make a Sugar Basket.

Put a half pound of white sugar in a saucepan with a wine-glass of water, and boil it as fast as possible without burning. Try by dropping a little

Digitized by Google

into cold water: if it cracks, it is ready to use. Then stir in two ounces of almonds blanched and cut. Have ready a form made of pasteboard in any desired shape, oil it well, and cover with the sugar. When cold, take out the form.

Cornucopias.

One cup of sugar, one cup of flour, three eggs. Wax a tin and let it cool, then drop on dessert-spoonfuls of the mixture, spread out thin, and have them so far apart that they will not connect. Bake three minutes, and immediately roll them into the form of cornucopias, keeping them in a warm place, so they will not stiffen before you can roll them up. When dry, fill with Charlotte Russe or whipped cream.

CANDY.

Molasses Candy.

Two cups of molasses, one cup of sugar, one table-spoonful of vinegar, a piece of butter the size of a walnut. Boil briskly fifteen or twenty minutes. Try by dropping a little into cold water: if it becomes brittle, it is done. Add to a little soda, and pour into a buttered pan to cool. Work white, and cut into sticks.

Taffy.

One cup of sugar, one of water, one of molasses, a small half cup of butter, two squares of chocolate.

Digitized by Google

Boil slowly, and try as you do molasses candy. Pour into buttered tins, and when partly cool cross it in squares.

Honey Candy.

One cup of sugar, one and a half cups of water, one tablespoonful of honey. Boil till it is thick enough to work.

Cream Candy.

To three pounds of loaf sugar put half a pint of water, boil it over a slow fire half an hour, add a teaspoonful of gum arabic dissolved in water, and a tablespoonful of vinegar. When boiled to candy, remove it from the fire, flavor with vanilla, orange, or strawberry. Put a little butter on the hands and work the candy till white, pull it out and cut in sticks.

Hoarhound Candy.

Three pounds of coarse brown sugar, and three teacups of water, boil slowly half an hour, add a little gum arabic dissolved in water, take off the scum as long as it rises; when perfectly clear, try by dropping a spoonful into cold water: if it snaps like glass, it is done. Flavor with finely powdered hoarhound to taste.

Peanut Candy.

Boil together without stirring three cups of white sugar, one of water, and half a cup of vinegar. Boil half an hour, or until it becomes crisp when dropped into cold water. Take it from the fire, and stir in

Digitized by Google

peanuts. A quart of unshelled nuts will be needed. Pour into a buttered pan, and when nearly cold cut it in squares.

Butter Taffy.

One cup of molasses, one of sugar, boil together till done, remove from the fire, and stir in nearly half a cup of butter; flavor to taste; pour into a buttered dish, and cut in squares when nearly cold. This is nice with nuts stirred in.

Vinegar Candy.

Two cups of sugar, half a cup of vinegar, half a cup of water, one teaspoonful of gum arabic dissolved in water, vanilla to flavor. Boil as molasses candy, and work it white.

COFFEE, TEA, AND CHOCOLATE.

To make Coffee.

It is better to grind coffee each day as you wish to use it. A mixture of Java and Mocha makes the most delicious coffee. Allow a tablespoonful of ground coffee to a cup of boiling water, and one egg to four spoonfuls of coffee. Mix well with the egg, shell and all, wet it with cold water, pour on the boiling water, cover tight and steep, but not boil, twenty minutes.

Digitized by Google

Tea.

One teaspoonful of tea to a cup of boiling water, let it steep twenty minutes.

Chocolate.

Two large spoonfuls of scraped chocolate to a cup of water, wet the chocolate in cold water, pour on the boiling water, and boil twenty minutes; add milk and sugar, and let it boil up once. Stir it very thoroughly just before taking it from the fire. Beat an egg well, pour the boiling chocolate over it, and continue to beat vigorously for a few minutes.

A Substitute for Cream.

Beat well the yolks of two eggs, and stir them into a pint of new milk, add two lumps of sugar; put it on the stove, and stir in one direction till it is of the consistency of cream. To use for coffee.

Whipped Cream for Coffee.

One pint of cream, four tablespoonfuls of sifted sugar, beat to a stiff froth. Fill the cups two-thirds full of coffee, add milk and sugar, and fill to heaping with the cream.

WINES AND PUNCHES.

Currant Wine.

Mix one quart of strained currant juice with two quarts of water and three pounds of sugar; after

Digitized by Google

stirring well together, let it stand twenty-four hours, skim it, and set it in a cool place to ferment slowly. In three or four days, or when fermentation has about ceased, close the barrel (which should be full) tight. When it becomes clear, bottle it.

Rhubarb Wine.

Wipe and bruise the rhubarb, when reduced to a pulp weigh it, and to every five pounds add a gallon of water. Let this remain three days, stirring several times each day, then strain, and press the pulp in a sieve; put the liquor in a tub, and to each gallon put three pounds of white sugar and the rind of one lemon, stir till the sugar is dissolved, let it remain five or six days, when the fermentation will begin to subside, and a crust will be formed which should be skimmed off. Put the wine into a cask, which should be full. If it is not sweet enough, add more sugar. Bottle it in March, and the next year it will be good to use.

Elderberry Wine.

Pour three gallons of boiling water on a peck of elderberries, let it stand twenty-four hours, then strain through a sieve, bruising the berries and pressing out all the juice. To every gallon of liquor add three pounds of sugar, half an ounce of ginger, six cloves, one pound of raisins, a quarter of a pint of brandy, and a spoonful of yeast. Let it ferment for a fortnight; bung up the cask, and let it stand months before bottling.

Digitized by Google

Blackberry Cordial.

Two quarts of ripe blackberries, one pound of loaf sugar, half an ounce each of nutmeg, clove, and allspice. Boil all together, and when cold add a pint of the best brandy. After standing a few days, strain and bottle it.

Spruce Beer.

Boil one handful of hops and two of sassafras root in ten gallons of water, strain it, and add to it while hot a gallon of molasses, two tablespoons of essence of spruce, two of ginger, one of spice. Put it into a cask, and when lukewarm add half a pint of good yeast, stir it well, stop it close, and when clear bottle it and cork tight.

Ginger Beer.

Peel two lemons, squeeze the juice and strain it; put the peel and juice into a large earthen pan with an ounce and a half of ginger, an ounce of cream of tartar, two pounds and a half of loaf sugar; pour over these three gallons of boiling water, let it stand until just warm, then add two large tablespoons of fresh yeast, stir well, and let it remain near the fire all night, covering the pan with a cloth. The next day take off all the scum, pour the beer carefully into another vessel, leaving the sediment, and bottle immediately; tie the corks down. In four days, it will be ready to drink.

Digitized by Google

Cherry Brandy.

Pick the cherries from the stems, and fill large-necked bottles with them, sprinkling in three ounces of sugar to a pound of cherries. Fill the bottles with good brandy. A few blanched almonds added will be an improvement. Cork the bottles tight, and set them in a cool dry place.

Cherry Bounce.

Take a peck of morello cherries and a peck of blackhearts, stone the morellos, and crack the stones; put all into a demijohn with three pounds of loaf sugar. Pour in two gallons of whiskey, cork the demijohn, let it stand six months, then pour it off and bottle it. The older it is, the better.

Lemon Shrub.

Pare fresh lemons, squeeze the juice and strain it; put to one pint of juice one pound of loaf sugar; allow to a pint of juice three spoonfuls of brandy, soak the lemon peel in this, and let the juice and sugar stand all day, frequently stirring it. The next day mix the syrup with the brandy and rinds, put it into bottles, cork tight, and keep in a cool dry place.

Rhubarb Shrub.

Boil in three pints of water eight stalks of rhubarb and four ounces of raisins and figs; when it

Digitized by Google

has boiled half an hour, strain it; add rose or orange water, and lemon syrup to taste.

Raspberry Shrub.

Put one quart of vinegar to three quarts of ripe raspberries; after standing a day, strain it, add to each pint a pound of sugar, and boil half an hour, skimming well; put a wine-glass of brandy to each pint, when cold.

Lemonade.

The juice of three lemons, half a pound of sugar; pour one quart of boiling water over it, let it cool, and add ice.

Mead.

Three pounds of sugar, five gills of molasses, one quarter of a pound of tartaric acid, one ounce of sassafras, three pints of water; mix together and bottle. When you wish to use it, put two table-spoons into a tumbler of ice water, add soda enough to effervesce.

Fruit Punch.

The juice of one dozen lemons, one dozen oranges, two pounds of sugar, the juice of a pint of strawberries, one pint of Santa Cruz rum, one pint of sherry wine, half a pint of brandy, and a teacup of strong green tea. Let this stand several hours in a bowl or dish surrounded with ice. Peel and cut into dice pieces a ripe pineapple and put into the punch, also a cup of ripe strawberries. Just before serving, open a quart bottle of champagne and add to it.

Digitized by Google

Temperance Punch.

The juice of one dozen lemons and one pound of sugar. One quart of strawberries with half a pound of fine sugar sprinkled over them, or a pint of preserved fruit. Pare a ripe pineapple, and cut it in thin slices, and put with it half a pound of sugar. Stir the lemon juice with the sugar till it is dissolved, crush the strawberries, and bruise the pineapple. Put the lemon into a punch-bowl, add three quarts of ice water, then add the strawberries and pineapple, and stir till the sugar is all dissolved. Set the bowl on ice for an hour before serving.

Claret Punch.

The juice of one lemon, one cup of sugar, half a bottle of claret, pounded ice.

Claret Cup.

One bottle of claret, one bottle of soda water, half a cup of sugar, a little grated nutmeg, and a bowl of pounded ice.

Negus.

One pint of port wine, a quarter of a pound of sugar, one lemon, a little nutmeg, and a quart of boiling water.

Mulled Wine.

Boil in one cup of water cloves, grated nutmeg, cinnamon, mace, and sugar to taste, add a pint of

Digitized by Google

wine, let all come to a boiling point. Serve with toast or cake.

Egg Nog.

Beat an egg till very light with a tablespoon of sugar, add a little nutmeg, a cup of milk, and last a tablespoon of brandy.

CAKE.

General Directions for making Cake.

Before beginning to mix cake, weigh or measure all ingredients; use the same sized cup and spoon for all, so as to keep the true proportion. Wash the butter to remove all the salt. Scant the cups of butter and sugar, fill even full with flour, or, if it is very light, heap them a little. For all nice cake, eggs should be as fresh as possible, and the whites and yolks beaten separately. Use an earthen dish for mixing, as tin will impart a bad flavor to the cake. Stir the butter and sugar to a cream, add the yolks of the eggs well beaten, then the whites; dissolve the cream of tartar and soda in the milk, stir until it foams, and put it in next; the flour should generally be added last. If you put fruit in the cake, roll it in some of the flour which is intended for the mixture, and stir it in the last thing. Line the pans with oiled paper, and let the paper come a little above the cake, so as to remove it when done without breaking.

Digitized by Google

The oven is another important consideration; and every person should be well acquainted with the peculiarities of her own, as no two are alike, and no rule can be given which will answer for all. It is well to try it first with a small cake or piece of dough. Sponge and cream cakes require a quick oven, but should not be allowed to scorch too soon. Do not open the oven oftener than is necessary while the cake is in, or it may be made heavy. Try with a clean broom-straw in the thickest part: if no cake sticks to the straw, it is done. And usually the cake shrinks a little from the sides of the pan when it is baked enough. Do not let it cool in the pan, but take it out carefully, turn the pan over and stand it on the bottom, for a sudden chill may make it fall.

In making Sponge Cake, the eggs should be beaten very light; and, after adding the flour, stir only enough to mix it in well, and put immediately into the oven. Much depends upon the baking of this cake.

To blanch almonds, pour boiling water over them, let them stand a few minutes, when the skins will rub off easily.

Black Cake.

One pound of butter, one of sugar, one of flour, ten eggs, half a pint of brandy, two pounds of raisins, two of currants, half a pound of citron, nutmeg, clove, and mace to taste.

Fruit Cake, No. 1.

One pound of butter, one of sugar, one of flour, twelve eggs, half a cup of molasses, one cup of

Digitized by Google

brandy, two pounds of currants, one and a half pounds of raisins stoned and chopped, half a pound of citron, cinnamon, allspice, nutmeg, mace, and clove to taste. Bake in a slow oven three hours, or till a straw will not stick. This will keep a year.

Fruit Cake, No. 2.

One pound of flour, one of sugar, three-quarters of a pound of butter, one cup molasses, one glass of wine, one glass of brandy, two pounds raisins, two of currants, one and a half pounds of citron, two large spoonfuls of clove, cinnamon, and nutmeg.

Fruit Cake, No. 3.

One cup of butter, three of sugar, four of flour, one of milk, four eggs, one teaspoon soda, two pounds of raisins, two of currants, one-half pound of citron, all kinds of spice. Bake two hours.

Currant Cake.

Three cups of sugar, four of flour, one of milk, two-thirds of a cup of butter, three eggs, one teaspoon of cream of tartar, one-half teaspoon of soda, a little lemon, two cups of currants.

Little Plum Cakes.

Half a pound of butter, half a pound of sugar, one pound of flour, three eggs, half a pound of currants. Drop on tin plates sprinkled with flour, and bake ten minutes in a quick oven.

Digitized by Google

Election Cake, No. 1.

Three and a half pounds of flour, one and a quarter of sugar, three-quarters of a pound of butter, four eggs, one and a half pints of milk, half a pint of yeast, one pound of raisins, spice to taste.

Election Cake, No. 2.

Four pounds of flour, one and a quarter of sugar, one of butter, nine eggs, one cup of milk, raisins and spice to taste.

Loaf Cake.

One cup of sugar, one of butter, one pound of flour, three eggs, one cup of milk, one pound of raisins, one-half pound of currants, one nutmeg, one teaspoon of soda.

Imperial Cake.

One pound of butter, one of sugar, one of flour, eight eggs, one pound of raisins, one-quarter of a pound of citron, half a pound of almonds chopped, a little mace, two glasses of wine. Bake one hour.

Raisin Cake.

One-half pound of butter, one-half pound of brown sugar, one and a half pounds of flour, half a pint of molasses, half a pint of sour milk, a teaspoon of soda, a tablespoon of cloves, cinnamon, and allspice, one nutmeg, four eggs, one pound of raisins.

Digitized by Google

Citron Cake.

One cup of butter, two of sugar, three and a half of flour, five eggs, half a cup of milk, two teaspoons of cream of tartar, one of soda, one cup of citron cut fine.

Raised Dough Cake.

Three cups of raised dough, three of sugar, one of butter, two of flour, three eggs, spice and fruit to taste, one teaspoon of soda. Put it in the pans and let it rise an hour, or till quite light.

Harrison Cake.

Three cups of sugar, one and a half of butter, five of flour, half a cup of molasses, half a cup of milk, one teaspoonful of soda, five eggs, two pounds of raisins, spice to taste.

Lizzie's Cake.

Six cups of flour, four of molasses, one and a half of butter, two-thirds of a cup of milk, four eggs, one teaspoonful of soda, two cups of currants, a little cinnamon, clove, and brandy.

Hannah's Cake.

Two cups of butter, three of sugar, five of flour, one of milk, six eggs, a glass of brandy, one teaspoonful of soda, one pound of raisins, one nutmeg.

Digitized by Google

Pork Cake.

One pound of salt pork chopped fine, and half a pint of boiling water poured on it, one cup of molasses, two of sugar, four eggs, flour to make a stiff batter, two teaspoonfuls of soda, one of cream of tartar, one pound of raisins, and spice to taste.

Coffee Cake.

One cup of strong cold coffee, one of butter, one of molasses, one and a half of sugar, five of flour, one egg, one teaspoonful of soda, spice and raisins to taste.

Saunders Cake.

One cup of butter, two of sugar, half a cup of molasses, five of flour, two of milk, a teaspoonful of soda, three eggs, a pound of raisins, nutmeg and cloves to taste.

Tunbridge Cake.

One cup of butter, three of sugar, four of flour, one of cream, six eggs, one teaspoonful of soda, a glass of wine, half a pound of raisins, half a pound of currants, citron, spice to taste.

Howard Cake.

A cup and a half of butter, three of sugar, five of flour, one of sour milk, four eggs, a teaspoonful of soda, the juice and rind of a lemon, one pound of raisins or currants, half a pound of citron.

Digitized by Google

Shrewsbury Cake.

One pound and a quarter of flour, three quarters of a pound of sugar, half a pound of butter, half a cup of cream, three eggs, a spoonful of molasses, half a glass of brandy or wine, fruit to taste.

Bowl Cake.

Three bowls of flour, one of sugar, one of milk, one of chopped raisins, one cup of molasses, a piece of butter as large as an egg, a teaspoonful of soda, a wine glass of brandy or wine, a little salt, nutmeg, and cloves.

Spice Cake.

Three cups of sugar, three of sour milk, half a cup of butter, six of flour, two of raisins, two eggs, three teaspoonfuls of soda, one teaspoonful each of clove, cinnamon, and allspice.

Walnut Cake.

One pound of sugar, one of flour, half a pound of butter, six eggs, one cup of milk, one teaspoonful of soda, two of cream of tartar, one and a half cups of walnut meats.

Cake without Eggs.

One cup of butter, three of sugar, one pint of sour milk, two pints of flour, a teaspoonful of soda or enough to sweeten the milk, one pound of raisins, spice to taste.

Digitized by Google

Cider Cake, No. 1.

One pound of butter, one of sugar, two of flour, four eggs, one pint of cider, two teaspoonfuls of soda, one pound of currants, cloves and cinnamon to taste.

Cider Cake, No. 2.

Two cups of butter, five of sugar, nine of flour, two of cider, six eggs, two teaspoonfuls of soda, spice to taste. To be eaten warm.

Pound Cake, No. 1.

One pound of butter, one of sugar, one of flour, ten eggs, flavor to taste. Beat very thoroughly.

Pound Cake, No. 2.

One pound of sugar, one of flour, one half pound of butter, seven eggs, one cup of milk, two teaspoonfuls of cream of tartar, one of soda.

Cup Cake.

One cup of butter, two of sugar, five of flour, one of milk, one teaspooonful of soda, four eggs, nutmeg.

Indian Pound Cake.

Eight eggs, the weight of the eight eggs in sugar, the weight of six in meal, half a pound of butter, one nutmeg, one teaspoonful of lemon. Stir the butter to a cream, beat the eggs and add, then stir in the meal.

Digitized by Google

Pickering Cake.

One pound of flour, one of sugar, half a pound of butter, six eggs, one cup of cream or milk, two teaspoonfuls of cream of tartar, one teaspoonful of soda. Allow the whites of two eggs for frosting for this cake.

Sponge Cake, No. 1.

One pound sugar, eleven eggs, half a pound of flour, the juice and grated peel of a lemon. Beat the whites of the eggs to a stiff froth, add the sugar, then the yolks well beaten, and last of all the flour.

Sponge Cake, No. 2.

Two cups of sugar, two of flour, five eggs, two teaspoonfuls cream of tartar, and one of soda dissolved in a spoonful of milk. Flavor to taste.

Sponge Cake, No. 3.

Four eggs, four tablespoonfuls of flour, one cup of sugar, the juice and rind of a lemon.

Sponge Cake, No. 4.

Two scant cups of sugar, three cups of flour, four eggs, two heaping teaspoonfuls cream of tartar, one of soda, ten tablespoonfuls of water, flavor to taste, beat thoroughly.

Orange Sponge Cake.

Make sponge cake as usual, and add grated orange peel to it, and in the frosting put the peel of an orange to each egg.

Digitized by Google

Lady Fingers.

Make like Sponge Cake, and bake in tins made for the purpose.

Arrowroot Cakes.

Take the same ingredients as for Sponge Cake, only instead of flour use arrowroot, and make quite stiff. Drop on a tin to bake.

Lady Abbess' Cakes.

Take three dozen almonds, a quarter of an ounce of butter, and two ounces of loaf sugar, pound in a mortar till it becomes a thick paste, drop in little cakes on a buttered tin, spread out thin, and bake in a slow oven. When cold, put a spoonful of jelly on each, and cover with whipped cream.

Gold Cake, No. 1.

Three-quarters of a cup of butter, two of sugar, three of flour, the yolks of eight eggs and two whole eggs, half a cup of milk, one teaspoon of cream of tartar, one-half teaspoon of soda. Flavor to taste.

Silver Cake, No. 1.

One cup of butter, two of sugar, three of flour, whites of eight eggs, half a cup of milk, one teaspoon cream of tartar, half a teaspoon of soda. Flavor with almond.

Digitized by Google

Gold Corn Starch Cake.

Half a cup of butter, one cup of sugar, the yolks of four eggs, and one whole egg, half a cup of milk, one teaspoon cream of tartar, one-half teaspoon of soda, one-half cup of corn starch, one cup of flour. Flavor to taste.

Silver Corn Starch Cake.

Make as Gold Cake above, only using the whites of four eggs.

Cocoanut Cake, No. 1.

One cup of butter, three of sugar, four of flour, one of milk, five eggs, two teaspoons of cream tartar, one of soda. Put half a grated cocoanut in the cake, and reserve the other half to sprinkle over the frosting.

Cocoanut Cake, No. 2.

Two-thirds of a cup of butter, two of sugar, three and a half of flour, half a cup of milk, five eggs, one teaspoon of cream of tartar, one-half teaspoon of soda, one grated cocoanut.

Cocoanut Cake, No. 3.

One cup of sugar, half a cup of butter, one cup of flour, four eggs, one teaspoon of cream of tartar, one-half teaspoon of soda. Bake in round tins as Jelly Cake.

Digitized by Google

For the filling, beat the whites of three eggs with one cup of sugar. Put this between the layers of cake, and scatter grated cocoanut thickly over each layer of frosting. For the top, add a little sugar to the frosting, if it is not thick enough, and also cover the sides of the cake with it, putting cocoanut over all, so that it will look perfectly white when done.

Cream Pie.

One cup of sugar, one half cup of butter, one of flour, four eggs, a teaspoon of cream of tartar, a small half teaspoon of soda.

Cream. — Two cups of milk, two-thirds of a cup of sugar, half a cup of flour, two eggs. Boil like custard, flavor to taste, and, when the cake is cold, cut it open and put the cream inside.

Cream Cakes.

Boil half a pound of butter in a pint of water; while boiling, stir in three-quarters of a pound of flour till perfectly smooth. When cool, stir in gradually ten eggs, without beating; add half a teaspoon of soda. Drop on buttered tins, and bake half an hour.

Cream. — Boil one and a half pints of milk, add to it four eggs, one cup of flour, and two cups of sugar. Flavor to taste; and, when the cakes are cool, open them at the top, and fill with the mixture.

Jelly Cake.

Two cups of flour, one of sugar, a piece of butter the size of an egg, two eggs, one teaspoon of cream

Digitized by Google

of tartar, half a teaspoon of soda dissolved in milk. Bake in a round tin, and when cold cut in two, and spread with jelly.

Jelly Roll.

Make Sponge Cake No. 2, spread out thin on a large pan and bake. While warm, spread jelly over, and roll up.

Washington Pie.

Make a Cup Cake. When cold, split it, and spread jelly or preserves between. Either frost it, or sprinkle powdered sugar on top.

Chocolate Cake.

One cup of butter, two of sugar, three and a half of flour, one of milk, one teaspoon of cream of tartar, one-half teaspoon of soda, five eggs, reserving two whites for the frosting.

Frosting. — One cup of powdered sugar, six tablespoons of grated chocolate, the whites of two eggs.

Chocolate Jelly Cake.

One cup of butter, two of sugar, five of flour, one of milk, one teaspoon of soda, four eggs, two teaspoons of cream of tartar. Bake like Jelly Cake, and put chocolate frosting between the layers, and on top.

Med's Orange Cake.

Three cups of sugar, half a cup of butter, four eggs, three cups of flour, one teaspoon of cream tar-

Digitized by Google

tar, one half teaspoon of soda, a little salt, the juice and grated rind of a large orange. Bake in four loaves like jelly cake. Beat the whites of two eggs, add eight tablespoons of sugar and the juice and rind of an orange. Spread this between the layers of cake.

Lemon Cake.

One cup of butter, three of sugar, four of flour, one of milk, one teaspoon of soda, five eggs, the juice and grated rind of a lemon.

Lemon Drop Cake.

One pound of sugar, three-quarters of a pound of butter, two of flour, five eggs, one teaspoon of soda dissolved in a little milk, the juice and rind of one lemon.

Lemon Tea Cake.

Rub half a pound of butter into one pound of flour, add half a pound of sugar, two eggs, the grated rind of two lemons, and the juice of one. Mix well, roll out, cut in shape, and bake in a slow oven.

Almond Cake, No. 1.

One cup of butter, three of sugar, five of flour, five eggs, one cup of milk, one teaspoon of soda, the juice and grated peel of a lemon, one pound of almonds. Chop half the almonds, and put the other half in whole.

Digitized by Google

Almond Cake, No. 2.

One cup of sugar, half a cup of butter, two of flour, the whites of five eggs, half a cup of milk, three-quarters of a teaspoon of cream of tartar, one-quarter of soda. Flavor with extract of almond, and scatter half a cup of chopped almonds over the cake after it begins to bake.

Dayton Cake.

One cup of butter, two of sugar, three of flour, five eggs, half a cup of milk, two teaspoons of cream of tartar one of soda.

Rice Cake.

One cup of butter, two of sugar, two scant cups of rice flour, five eggs.

Ice Cream Cake.

One-half cup of butter, one of sugar, two of flour, three eggs, half a cup of milk, one teaspoon of cream of tartar, one-half teaspoon of soda, vanilla to flavor.

French Tea Cake.

Three cups of flour, one and a half of sugar, one and a half of butter, three eggs, one cup of milk, one teaspoon of cream of tartar, one-half teaspoon of soda, nutmeg.

Digitized by Google

Cream Cake.

Two cups of cream, three of sugar, four of flour, five eggs, one teaspoon of soda.

White Cup Cake.

One cup of butter, two of sugar, four of flour, one of milk, the whites of six eggs, one teaspoon of soda, two of cream of tartar. Flavor with lemon.

Marble Cake.

Light Part. — One cup of butter, three of sugar, five of flour, half a cup of milk, half a teaspoon of soda, the whites of eight eggs. Flavor with lemon.

Dark Part. — One cup of butter, two of sugar, one of molasses, four of flour, one of sour milk, one teaspoon of soda, the yolks of eight eggs and one whole egg, all kinds of spice. Put in the pans alternate spoonfuls of this and the light cake.

Poor Man's Cake.

Half a cup of butter, one and a third cups of sugar, half a cup of milk, one teaspoon of cream of tartar, half a teaspoon of soda, two eggs, three cups of flour, spice to taste.

Delicate Cake.

One cup of butter, three of sugar, four and a half of flour, one of milk, two teaspoons of cream of tartar, one of soda, the whites of eight eggs. Flavor with almond.

Digitized by Google

Feather Cake.

Two cups of sugar, three of flour, a piece of butter the size of an egg, one cup of milk, two teaspoons of cream of tartar, one of soda, four eggs, a little nutmeg.

Cheap Cake.

One cup of sugar, a piece of butter the size of an egg, one cup of milk, one egg, one teaspoon of cream of tartar, one-half teaspoon of soda, three cups of flour.

White Mountain Cake.

One cup of butter, two of sugar, three and a half of flour, four eggs, two-thirds of a cup of sour milk or cream, soda enough to sweeten the milk, the juice and rind of one lemon.

Tea Cake.

One cup of sugar, two and a half of flour, a small piece of butter, two eggs, two teaspoons of cream of tartar, one of soda dissolved in a little milk.

Egg Cake.

One cup of butter, three of sugar, four of flour, one of milk, one teaspoon of cream of tartar, one-half teaspoon of soda, eight eggs, spice to taste.

Sarah's Cake.

One cup of butter, two of sugar, three and a half of flour, five eggs, one teaspoon of cream of tartar,

Digitized by Google

one-half teaspoon of soda dissolved in a little milk. Reserve two whites of eggs for frosting, beat to a stiff froth, add a cup and a half of sugar, and six tablespoons of scraped chocolate. Put it on while the cake is warm.

Blueberry Cake, No. 1.

Two cups of sugar, nearly a cup of butter, three eggs, one cup of sour milk, one teaspoonful of soda, four cups of flour, as many blueberries as will stir in. To be eaten cold.

Blueberry Cake, No. 2.

One cup of sugar, three heaping cups of flour, a piece of butter the size of an egg, one cup of milk, two teaspoonfuls of cream of tartar, one of soda, three eggs, a pint of blueberries stirred in last. To be eaten warm with butter.

Dried Apple Cake.

Two cups of dried apples soaked soft and chopped fine, add to them two and a half cups of molasses and boil up, let it cool, then add half a cup of melted butter, half a cup of sour milk, two teaspoonfuls of soda, two eggs, and spice to taste.

Seed Cakes.

One cup of butter, two of sugar, half a cup of milk, one teaspoonful of soda, three eggs, one tablespoonful of caraway seeds, flour to roll out.

Digitized by Google

Jumbles.

One pint of sugar, two cups of butter, three eggs, half a cup of sour milk, one teaspoonful of soda, two quarts of flour. Roll out the dough as soft as possible, cut into strips, join the ends, and bake.

Cocoanut Jumbles.

Half a pound of butter, one pound of sugar, three eggs, a tablespoonful of rosewater, a grated cocoanut, flour enough to make a dough.

Doughnuts, No. 1.

Two eggs, half a cup of sugar, one teaspoonful of butter, half a cup of milk, one teaspoonful of cream of tartar, one-half teaspoonful of soda, nutmeg, salt, flour enough to roll out easily.

Doughnuts, No. 2.

One quart of flour, one cup of milk, two-thirds of a cup of sugar, one egg, two teaspoonfuls of cream of tartar, one of soda, one of salt, one-half teaspoonful each of cinnamon and ginger. Roll out as soft as possible.

Sour Cream Doughnuts.

Eight tablespoonfuls of sugar, four of sour cream, half a pint of sour milk, one egg, one teaspoonful of soda, salt, and flour to roll.

Digitized by Google

Raised Doughnuts.

One cup of sugar, one cup of milk, one tablespoonful of butter, two eggs, two tablespoonfuls of yeast, a little nutmeg, flour to make a stiff batter. Let it rise over night, in the morning add a teaspoonful of soda, and flour to roll out.

Crullers.

Three-quarters of a pound of sugar, one-quarter of a pound of butter, five eggs, two spoonfuls of brandy, a little nutmeg, a teaspoonful of soda dissolved in a little milk, flour enough to make a soft dough. Cut in strips, twist them, and fry in hot lard.

Snow Balls.

One cup of sugar, two eggs, four tablespoonfuls of milk, one teaspoonful of cream of tartar, one-half teaspoonful of soda, spice to taste, flour enough to roll. Make in little balls, fry in hot lard, and roll them in sugar till they are white.

Cookies.

One cup of butter, two of sugar, two eggs, two tablespoonfuls of milk, half a teaspoonful of soda, flavor to taste, and flour enough to roll out.

Drop Cookies.

One cup of sugar, one-half cup of milk, one egg, a piece of butter the size of an egg, two cups and a

Digitized by Google

half of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda. Drop on tins, and bake in a quick oven.

Currant Cookies.

One cup of sugar, three-quarters of a cup of butter, two eggs, one teaspoonful of all kinds of spice, half a teaspoonful of soda, one cup of currants or chopped raisins, flour to roll.

Mrs. R.'s Cakes.

Five cups of flour, one cup of butter rubbed into the flour, two cups of sugar, one egg, one nutmeg, milk or wine enough to moisten, one teaspoonful of soda. Make stiff enough to roll out and cut in small cakes. These are nice for picnics.

Molasses Cookies.

One cup of sugar, two-thirds of a cup of molasses, half a cup of butter, half a cup of milk, two eggs, two teaspoonfuls of soda, mix with flour, and roll out as soft as possible.

Soft Gingerbread.

One cup of brown sugar, two of molasses, one of milk, two-thirds of a cup of shortening, two eggs, flour to make as thick as Cup Cake, two teaspoonfuls of soda dissolved in a little water, and put in the last thing.

Digitized by Google

Apple Gingerbread.

Soak two cups of dried apples in a little water over night, simmer them in two cups of molasses till soft, chop them, and boil the molasses to one cup; add a cup of sugar, a cup of butter, three eggs, three cups of flour, two teaspoons of cream tartar, one of soda, and spice highly. To be eaten warm.

Ginger Snaps.

One pint of molasses, one cup of butter, one heaping tablespoon of ginger, boil all together; when cool, add a teaspoon of soda, a little salt, and flour to make stiff, roll out very thin, and bake in a slow oven.

Ginger Biscuit.

Rub one-half pound of butter into one pound of flour, add half a pound of sugar, three-quarters of an ounce of powdered ginger, and three eggs. Mix thoroughly, roll out very thin, and cut in small round cakes, bake five minutes in a quick oven.

Sugar Gingerbread, No. 1.

One pound and a half of sugar, three-quarters of a pound of butter, six eggs, two pounds of flour, one teaspoon of soda, ginger to taste. Roll very thin and bake. This will keep good a month.

Digitized by Google

Sugar Gingerbread, No. 2.

One cup of sugar, one-half cup of butter, one egg, two tablespoons milk, one-half tablespoon of ginger, spice to taste, flour sufficient to roll out.

Molasses Gingerbread.

One cup of sugar, one of molasses, one of boiling water, with a teaspoon of soda in it, a large spoonful of ginger, half a cup of butter, five cups of flour.

Gelatine Frosting.

Pour enough boiling water on a teaspoon of gelatine to dissolve it, add sugar to thicken, and flavor to taste.

Egg Frosting, No. 1.

Take a pound of *crushed* sugar, and pour on it water enough to dissolve the lumps. Beat the whites of three eggs a *little*, and add the sugar; put it in a dish of boiling water, and stir it till it begins to thicken, take it out and beat until it cools; flavor to taste, and spread it on the cake very quickly, or it will harden.

Egg Frosting, No. 2.

Beat the whites of two eggs to a stiff froth, add half a pound of powdered sugar, beat well, flavor to taste, and spread on the cake when it is nearly cold.

Chocolate Frosting.

(See Chocolate Cake, page 156.)

Digitized by Google

PRESERVES AND JELLIES.

Peaches.

SELECT nice free-stone peaches, not too ripe, put them into boiling water, so that the skins may be rubbed off easily. Weigh them, and allow a pound of sugar to a pound of fruit. Put the sugar in a preserving kettle (porcelain is the best), with water enough to dissolve it; boil till it is quite clear, taking off the scum as it rises. Lay in the peaches a few at a time, and cook fifteen or twenty minutes; skim them out, and put into jars. When all are cooked, boil the syrup till it becomes quite thick, and pour it over the fruit. Cover the jars with a cloth until cold. Then wet a paper in brandy and put over the preserves, and tie a paper over the jar. Keep in a cool, dry place. Some prefer to take the stones from the peaches. In that case, the flavor will be improved by adding some of the kernels to the syrup.

Pears.

Wipe them and cut out all the specks. Allow a pound of sugar to a pound of fruit. Put the pears, a few at a time, into a steamer, and steam till they are quite soft. Make a syrup as for peaches, and cook the pears in it fifteen minutes. Skim them out into jars, boil down the syrup and pour over them. When cold, put brandy papers on top, and tie up the jars.

Digitized by Google

Pineapples.

Pare the pineapples, and cut them in slices. Allow a pound of sugar to a pound of fruit. Make a syrup with one cup of water to a pound of sugar, boil and skim it. Put in the fruit a little at a time, and cook it till you can pierce it with a straw, skim it out and put it into jars, boil down the syrup, and pour it over the fruit while hot. Put brandy paper on top.

Brandy Peaches.

Put the peaches into boiling water, and take off the skins. Allow half a pound of sugar to a pound of fruit. Make the syrup, and cook the peaches in it fifteen minutes, then put them into jars. Boil the syrup till very thick, add to each pint a quart of the best brandy, and pour over the fruit.

Strawberries.

Allow three-quarters of a pound of sugar to a pound of fruit. Put part of the sugar to the berries, and let them stand over night or several hours. Drain off the juice, and add to it the remainder of the sugar. Boil gently three-quarters of an hour, put in the berries, being careful not to break them, and cook half an hour. Skim out, boil down the syrup, and put up air-tight.

Raspberries.

Preserve the same as Strawberries, only the syrup will need longer boiling.

Digitized by Google

Blackberries.

Allow three-quarters of a pound of sugar to a pound of fruit. Make a syrup and boil thirty minutes, then put in the berries and cook them thirty minutes. Skim out, and boil the syrup till very thick.

Blueberries.

Put the blueberries in a kettle with a little water, and sugar to make them sweet enough for pies. Cook them thoroughly, put into jars, and seal up air-tight.

Currants.

Take the currants from the stems, weigh a pound of sugar to a pound of fruit. Make a syrup and boil the currants in it thirty minutes; skim them out, and boil down the syrup.

Gooseberry Jam.

Cut off the stems and blossoms; weigh them, and allow half a pint of currant juice to every six pounds of fruit. Put in a preserving kettle together, and boil quickly till the berries begin to break; then add three-quarters of a pound of sugar to a pound of berries, and cook gently till it becomes a jam, stirring often to prevent it sticking to the bottom of the kettle.

Damsons.

Allow an equal weight of sugar and fruit. Make the syrup with as little water as possible. Boil the

Digitized by Google

fruit very slowly, and then boil down the syrup till quite thick.

All small plums are preserved in the same way.

Damson Jam.

Put twelve pounds of damsons with one quart of water, and boil till very soft, stirring occasionally. To a pound of pulp add a pound of sugar, and cook till very thick. Put away in cups or jars.

Quinces.

Pare and core the fruit, and weigh an equal quantity of sugar. Put the parings and cores into a kettle with water enough to cover them, and put them over the fire to boil. Steam the prepared fruit over the boiling parings till it is so tender you can run a straw through it, then put it into jars. Make a syrup of some of the water in which the parings were boiled and the sugar, boil it till quite thick, and pour over the fruit. Let it stand till the next day, then stir up from the bottom, and tie up.

Some think that half sweet apples cooked with the quinces are an improvement. The apples will not need cooking as long as the quinces.

Crab Apples.

Cut off the blossom end, but leave the stem on. Allow a pound of sugar to a pound of fruit. Steam the apples till they are tender; make a syrup, and scald them in it. Skim out, and boil down the syrup.

Digitized by Google

Citron Melon.

Cut off the hard rind, and cut the melon in small pieces. Allow a pound of sugar to a pound of melon. Put the sugar in a preserving kettle, with a cup of water to each pound; boil and skim it. Steam the melon till you can put a straw through it; then boil it in the syrup fifteen minutes. Slice the lemons, and put the melon into jars in layers with a few slices of lemon on each layer. Boil down the syrup, and pour over.

To make a Syrup for Compotes.

To every pound of sugar allow a pint and a half of water; boil twenty minutes, carefully removing the scum. Fruit boiled in this will not keep for any length of time, but is good for immediate use.

Compote of Plums.

Make a compote syrup, and put in the plums while it is boiling; let them simmer gently till they are tender, take out carefully, lay them in a dish, and when the syrup is cool pour it over them.

Compote of Apples.

Pare and core six apples, and cut them in quarters, and slice a lemon thin; boil them gently in the syrup till they are tender. Arrange the fruit in a glass dish, and when the syrup is cool pour over it.

Digitized by Google

Compote of Oranges.

Take off the peel of the oranges and lay it aside, and cut them in halves with a sharp knife. Remove the pithy cord from the centre and cut off the white rind, thus leaving the halves transparently clear. Pile high in a glass dish. Throw the reserved peel with four ounces of sugar into a gill of water; boil five minutes, strain into a dish, add a glass of brandy, and pour over the oranges.

Peach Marmalade.

Take off the skin and take out the stones from the peaches, weigh an equal quantity of sugar, break the stones and put the kernels into the kettle with the sugar and fruit, and simmer till very soft. Skim out the peaches, and boil the syrup till very thick.

Quince Marmalade.

Wash and quarter the quinces without paring; put to them water sufficient to stew them; when they are very soft, rub them through a sieve. Allow a pound of sugar to a pound of pulp, and cook slowly an hour. Take out a little, and cool it: if it cuts smoothly, it is done.

Hogarth's Recipe for Orange Marmalade.

Carefully wipe the oranges, and weigh them; boil them slowly in as much water as will float them; as soon as the rinds can be pierced with the head of

Digitized by Google

a pin, take them out and drain them, halve and quarter them, remove with a silver spoon all the pulp and pips, and slice the rinds as fine as possible; add them to the juice and pulp, having removed all the pips. Make a syrup of two pounds of sugar and half a pint of water to each pound of fruit; boil till quite thick, let it cool, add the pulp and rind, and cook slowly an hour.

Currant Jelly.

Wash the currants and stew them a few minutes in a preserving kettle, strain in a bag, pressing as much of the pulp from the seeds as you can; measure a pint of juice to a pint of crushed sugar; boil together, and skim for ten minutes; then, while warm, put into glasses. In a day or two, cover with brandy paper, and set it in a cool, dry place.

Currant Jelly without Cooking.

Press the juice from the currants, and strain it; to every pint add a pound of fine white sugar, mix together until the sugar is dissolved; put it in jars, seal them, and expose them to a hot sun for two or three days.

Apple Jelly.

Pare, core, and quarter the apples, put them in the kettle with a sliced lemon, add barely water enough to cover them, and boil gently till they are very soft, but not broken; strain through a jelly bag,

Digitized by Google

to a pint of juice put a pound of sugar, and boil twenty minutes. Try it by cooling a little to see if it jellies.

Quince and crab-apple jellies are made in the same way, only the quinces need not be pared, and the crab-apples are put in whole.

Cider Apple Sauce.

Boil down new cider till about as thick as molasses, when cold. Strain it, and when it boils again put in the apples pared and quartered, add a little brown sugar, and stew till the apples are perfectly tender.

Baked Apple Sauce.

Pare and quarter the apples, put them into an earthen dish or pot; add molasses and sugar to sweeten, and water enough to almost cover them. Put a piece of stiff paste over the top of the jar, and bake four hours, or longer, if convenient.

Dried Apple Sauce.

Soak the apples a little while, and wash them very clean; put them in another water to soak twelve hours. Stew them slowly till quite tender, then add sugar to sweeten and a lemon sliced, and cook a while longer. Strain them through a sieve, if you like; and, if for pies, add nutmeg and cinnamon to taste.

Digitized by Google

Baked Apples.

Pare and core the apples, put them in a dish with water to about half cover them, sprinkle sugar over, and add lemon peel, if you like it. Bake until they are soft. Eat with sugar and cream.

Stewed Prunes.

Wash them clean, and soak in cold water a few hours. Stew them over a slow fire, and when about half done sweeten to taste. A few pieces of cinnamon boiled with them will improve them.

Cranberry Sauce.

Pick over and wash the cranberries, put them in a stewpan with water enough to almost cover them, and stew half an hour; then add sugar enough to sweeten them, and cook till it is as thick as you like.

If you wish to have the berries remain unbroken, put them in the saucepan in layers with loaf sugar, add a little water, and stew very slowly till they look transparent. Cool in a mould.

Wine Jelly.

Pour a pint of cold water on a large box of gelatine; when it is dissolved, add a pint of boiling water, the juice of one lemon and one orange, and half the peel, one pint of sugar, and a pint of wine. Let all boil up once, then strain, and put on the ice to cool.

Digitized by Google

PICKLES.

To pickle Cucumbers, No. 1.

MAKE a brine of a gallon of water and a pound and a half of salt boiled together. When it is cold, put in green hard cucumbers, and keep them covered with the brine. When you wish to make the pickles, take them out, soak two days, or till they are fresh enough, scald them in alum water, and then pour over them hot spiced vinegar. Tie whole cloves, allspice, stick cinnamon, and a few peppercorns in a bag, and scald in the vinegar.

Cucumbers, No. 2.

Let them lie in strong salt and water three days. Then pour over them scalded vinegar, and leave them three days longer. Scald some fresh vinegar, with a few onions, a little horse-radish, and a bag of whole spices in it; pour off the old vinegar, and pour this on.

Tomatoes, No. 1.

Slice thin a peck of green tomatoes and six green peppers; put a cup of salt with the tomatoes, and let them lie over night; in the morning, drain and squeeze them dry, put them in a kettle with the peppers, and vinegar enough to cover them. Add a cup of sugar, a tablespoon each of ground cloves, cinnamon, allspice, and grated horse-radish, and cook till they are quite tender.

Digitized by Google

Tomatoes, No. 2.

One peck of green tomatoes, one peck of onions, and six bell peppers, all sliced thin; sprinkle a cup of salt over the tomatoes, and let them stand over night; drain off the water, put them in a kettle with the onions and peppers, add vinegar to cover, and boil till tender.

Put the pickle in a jar, add to the vinegar one cup of brown sugar, two tablespoons of ground cloves, two of cinnamon, one of pepper, all tied in a muslin bag; and two tablespoons of whole cloves, peppercorns, and mustard seed, and pour the hot vinegar over the pickle.

Chow Chow.

Eight quarts of sliced tomatoes and one quart of sliced onions; sprinkle a cup of salt on the tomatoes and let them lie all night, drain off the water, add the onions, an ounce of pepper, ginger, allspice, cloves, a tablespoon of ground mustard, a pound of brown sugar, and a quarter of a pound of white mustard seed; cover with vinegar, and cook half an hour.

Piccalilli.

Take half a bushel of green tomatoes, chop them fine, add a pint of salt, let them stand over night, and then drain them perfectly dry. Chop fine twelve peppers, six large onions, and two heads of cabbage. Mix thoroughly with the tomatoes, add mustard and cloves, and scald in vinegar. Let

Digitized by Google

them stand two or three days, then pour off the vinegar, and put on fresh vinegar scalding hot, in which is a pint of sugar.

Tomato Soy.

Take ripe tomatoes, prick them with a fork, put them into a jar or dish with thick layers of salt, and let them remain a week. Then put them for one night into vinegar and water. For each peck of tomatoes, take twelve onions sliced, a cup of mustard seed, half an ounce of ground cloves and half an ounce of pepper. Pack them in a jar with layers of onions and spice between the layers of tomatoes. Pour hot vinegar over them, and in two weeks they will be ready to use.

Mangoes.

Take young musk-melons or citron melons, wash them clean, and cut out a small piece from the side; let them lie in salt and water three or four days, scrape the inside clean from all seeds, and fill with small gherkins, onions, beans, tomatoes, and bits of any other pickles; add horse-radish, salt, mustard seed, and spices of all kinds; put back the piece which was cut out, and tie it firmly; then pour over them hot spiced vinegar.

Cauliflowers.

Boil the cauliflowers till tender. Separate into small pieces, and pour hot spiced vinegar over them.

Digitized by Google

Shirley Sauce.

Twelve large tomatoes, eight red peppers, four onions, very small, four cupfuls of vinegar, four tablespoonfuls of salt, four tablespoonfuls of sugar. Mix together, simmer slowly several hours, strain and bottle.

Peppers.

Cut a small piece from the top of the peppers, and take out the seeds. Soak them ten days in salt and water, changing it occasionally; take them out, and scald them in alum water. Stuff them with chopped cabbage, gherkins, and capers, seasoned with horse-radish, mustard seed, and all kinds of spice; put back the piece which was cut out, and sew or tie it firmly, and cover them with cold vinegar.

Martinias.

Martinias are prepared in much the same way as other pickles, only the salted water in which they are soaked should be changed every day. Scald the spices in the vinegar, and pour it hot over the pickles.

Walnuts.

Gather the nuts in July, and keep them in a strong brine nine days, changing it every other day. Wipe them with a woollen cloth, put them in cold vinegar and salt for six weeks. Make a pickle of fresh vine-

Digitized by Google

gar, add mace, cloves, nutmeg, whole peppers, garlic, shallots, horse-radish, and mustard seed, to make quite strong; boil it, and when cold pour over the walnuts. Keep them in jars, corked tight.

Pickled Oysters.

Have fine large oysters; put them on the fire in their own liquor, and cook gently until they curl; skim them out carefully, dry each oyster on a cloth, and let them cool. Then take half enough of the boiled liquor to cover them, and the same quantity of good vinegar, make it hot. Put in a stone jar a layer of oysters, then a layer of whole cloves, allspice, cinnamon, mace, and whole peppers; alternate oysters and spices until all are in, cover with the hot vinegar, and set in a cool place till the next day, then put them away in glass jars closely sealed. These will keep for months in a cool place.

Pickled Lemons.

One dozen lemons, half a cup of salt, one chopped onion, one nutmeg grated, a tablespoon of allspice, half a tablespoon of cloves, half a tablespoon of ginger, half a teaspoon of cayenne pepper, a cup of white mustard seed, and three teaspoons of brown sugar. Score the lemons, and put in a jar with the onion and spices in layers, cover with good vinegar, set the jar in a kettle of water and boil four hours. Cork the jar tightly, and let them stand three or four months before using.

Digitized by Google

Pickled Eggs.

Boil six eggs ten minutes, then put them into cold water and take off the shells; lay them in cold spiced vinegar. Put some of them in vinegar with boiled red beets, to make a variety.

SWEET PICKLES.

Peaches.

Four pounds of peaches, three pounds of sugar, one pint of vinegar. Put the peaches in hot water for a few minutes, and rub off the skin with a coarse towel, stick a few cloves in each; make a syrup of the vinegar and sugar, and cook the peaches a few at a time in it till they are tender; put them in jars, boil down the syrup, and pour over them.

Plums.

Seven pounds of plums, three pounds of sugar, one quart of vinegar, one ounce each of cloves, cinnamon, and mace, put in a bag. Boil together half an hour.

Crab Apples.

Seven pounds of crab apples, three pounds of sugar, one quart of vinegar, one ounce each of cloves, allspice, cinnamon, and mace, put in a bag. Boil till the apples are tender.

Digitized by Google

Damsons.

One peck of damsons stoned, seven pounds of sugar, one pint and a half of vinegar, two tablespoons of allspice and two of cloves. Boil the sugar and vinegar, put in the damsons and spices, and cook two hours and a half, stirring almost constantly.

Cherries.

Eight pounds of stoned cherries, four pounds of sugar, half a pint of vinegar, a tablespoon of cloves, cinnamon, nutmeg, and mace. Boil till the cherries are done.

Citron Melon.

Peel the melons, cut in pieces an inch square, boil in water till tender, and drain them. To five pounds of melon allow a pound of sugar, a pound of raisins, an ounce of whole cloves, an ounce of cinnamon, and a pint of vinegar; make a syrup, add the raisins and spice, and simmer the melon in it two hours.

Currants.

Five pounds of currants, four pounds of sugar, one pint of vinegar, two tablespoons of cinnamon, cloves, allspice, and nutmeg. Boil two hours.

Gooseberries.

Five pounds of gooseberries, four pounds of sugar, one pint of vinegar, two tablespoons of cinnamon, and cloves. Boil till a thick jam.

Digitized by Google

Ripe Cucumbers.

Pare and slice ripe cucumbers, removing the inside, and let them stand over night in very salt water. To a gallon of vinegar take a pound of brown sugar, and whole spices to taste; boil the syrup, put in the cucumbers and cook until they are tender.

Russian Bear.

Take large ripe cucumbers before they become soft, pare them, cut them in rings, and take out the inside. Cook the pieces very slightly in water, with just enough salt to season them; much cooking injures the pickle; the pieces should be firm, admitting a silver fork with difficulty. Drain them, and put them in a stone jar. Prepare the vinegar as follows: One pound of sugar to two quarts of vinegar, one ounce of cinnamon, cloves, allspice, and mustard seed, with cayenne or peppercorns to make it quite sharp; boil these together, and pour over the cucumbers while hot.

KETCHUP.

Tomato Ketchup.

STEW ripe tomatoes without peeling, and put them through a sieve. To a gallon of the liquor, add a pint of vinegar, four tablespoons of salt, three of mustard, three of black pepper, one half tablespoon

Digitized by Google

of cloves, allspice, mace, and nutmeg, and one teaspoon of red pepper. Boil an hour, and bottle for use.

Oyster Ketchup.

Take fresh oysters, rinse them in their own liquor, and pound them in a mortar. To each pint add a pint of sherry wine; boil them up, add an ounce of salt, two teaspoons of cayenne pepper, boil once more, rub it through a sieve, and bottle it when cold.

Mushroom Ketchup.

Lay fresh mushrooms in a deep dish in layers, with a little salt on each layer, and let them stand several days. Mash them fine, and to each quart put a spoonful of vinegar, half a teaspoon of pepper, and a quarter of a teaspoon of cloves; put them in a stone jar, set it in a kettle of water, and boil two hours; then strain it, and boil the juice fifteen minutes, skimming it well; let it stand a few hours to settle, pour it off carefully, bottle it, and keep it in a cool place.

Chili Sauce.

One peck of ripe tomatoes, eight onions, four large peppers, five bunches of celery, one pint of sugar, one quart of vinegar, a small bottle of horseradish, one teaspoon each of black pepper, red pepper, and mustard seed, two ounces of cloves, two of cinnamon, and two of mustard. Prepare the tomatoes as for cooking, chop the peppers, onions, and

Digitized by Google

celery, add the spices, and cook four hours. Seal up while hot.

Cider Vinegar.

After cider has become too sour for use, set the cask or barrel in a warm place, put in a little brown sugar, and leave the bung out.

Celery Vinegar.

Pound two gills of celery seed, and put it in a bottle; fill up with sharp vinegar, shake it every day for two weeks, then strain it, and put away for use.

To mix Mustard.

One tablespoon of mustard, one teaspoon of salt, one teaspoon of sugar. Mix to a thin paste with vinegar.

FOOD AND DRINK FOR INVALIDS.

Indian Meal Gruel.

Two tablespoons of meal mixed in cold water, one pint of boiling water. Boil an hour, add a little salt and half a cup of milk.

Rice Gruel.

Half a cup of rice, two cups of cold water; boil quickly half an hour, then add more water, and boil slowly till the rice is very soft, adding water as it boils away. Then add a cup of milk, boil a few minutes, strain it, and add a little salt.

Digitized by Google

Oatmeal Gruel.

One pint of boiling water and one tablespoon of oatmeal wet in cold water. Boil three-quarters of an hour, add a little milk and salt, and strain it.

Farina Gruel.

Two teaspoons of farina wet in cold water, one cup of boiling water, salt, and two tablespoons of milk.

Arrowroot Gruel.

One pint of boiling water or milk, one heaping teaspoon of arrowroot rubbed smooth in cold milk, a little salt. Stir the arrowroot into the boiling water, and cook a few minutes.

Rice Milk.

Put to a quart of sweet milk one tablespoon of rice and a little salt; cover it, and cook one hour. Sweeten to taste, and add a little nutmeg.

Corn Starch Porridge.

The yolks of two eggs, three tablespoons of corn starch, three of cold water, a little salt. Pour on these one pint of boiling water, and let it thicken.

Plum Porridge.

One pint of boiling water and two tablespoons of flour wet in cold water, one cup of raisins, boil half an hour, then add a cup of milk, a little salt, and

Digitized by Google

nutmeg. If it is not thick enough, add a little more flour, and boil up again thoroughly.

Rice Flour Blanc Mange.

Mix a teacup of ground rice with cold milk till smooth, add a little salt, and stir gradually into a quart of boiling milk. Cook five minutes. Sweeten and flavor to taste, and strain into a mould.

Arrowroot Blanc Mange is made in the same manner, with one ounce of arrowroot.

Rennet Custard.

Half a pint of cream and a quart of new milk, three ounces of sugar, a large glass of white wine in which an inch piece of rennet has been soaked, and a nutmeg. Mix all together, let it stand in a warm place until it becomes firm, then set it on ice to cool. Grate nutmeg over the top.

Barley Water.

Pour two cups of boiling water on a tablespoon of pearl barley, and let it stand until cold; drain off the water, sweeten to taste, and add the juice of a lemon.

Toast Water.

Toast a slice of stale bread quite brown, put it in a bowl and pour a cup of boiling water over it. When cold, drain off, sweeten, and add a little nutmeg.

Digitized by Google

Crust Coffee.

Take brown bread crusts, dry them and toast them brown, pour on boiling water to more than cover, and let it stand on the cool part of the stove to steep; then pour off the water, add to it cream or milk, let it boil up once, and sweeten to taste.

Ginger Tea.

One tablespoon of ginger, three of sugar, one cup of milk. Pour over these three cups of boiling water.

Camomile Tea.

Pour one quart of boiling water on a cup of camomile blossoms, let it steep several hours, and pour it off as you wish to use it. This is very good for dyspepsia or indigestion.

Thoroughwort Syrup.

Make a strong tea of thoroughwort, and to each cup add a cup of molasses, and boil it down to a thick syrup.

Flaxseed Tea.

Two tablespoons of whole flaxseed with a cup of boiling water poured over it; let it stand an hour, pour off the water, add the juice of a lemon and sweeten to taste.

Digitized by Google

MISCELLANEOUS.

To preserve Cut Flowers.

A BOUQUET of freshly cut flowers may be preserved for a long time by placing them in a vase with water in which a little charcoal has been steeped, or a small piece of camphor dissolved.

To revive Cut Flowers.

Plunge the stems into boiling water, and by the time the water is cold the flowers will have revived; then cut the stems off a little, and put them in fresh cold water.

To clean Silks or Ribbons.

Mix equal parts of alcohol and water, rub with a sponge. This will clean all kinds of dress goods.

To make Old Crape look as good as new.

Put a little water in a tea-kettle, let it boil till there is plenty of steam; then, holding the crape in both hands, pass it several times through the steam. Or put a wet napkin folded several times over a hot flat-iron, and pass the crape through the steam when it rises.

To renew Velvet.

Hold the velvet, pile downwards, over steam.

Digitized by Google

To wash Brushes.

Dissolve a tablespoon of soda in a quart of water. Comb all the hair from the brushes, and dip them, bristles downward, into the water, and out again, keeping the backs and handles as free from the water as possible. Repeat this till the bristles look clean, then rinse in cold water, shake them well, wipe the handles, and put them in the sun or near the fire to dry.

To make Bandoline.

Put one ounce of gum tragacanth into a gill of cold water, add a few drops of essence of almond, and two teaspoons of rum. This will not injure the hair, but will keep it in place and make it look smooth and glossy. Apply with a soft brush.

Lavender Water.

Oil of English lavender one-quarter ounce, essence gum amber one-quarter ounce, oil Rhodium two drops, spirits of wine three-quarters of a pint. The longer kept, the better.

Washing Fluid.

One pound of sal-soda, half a pound of unslacked lime; put them in a gallon of water, boil twenty minutes, let it stand till cool, and pour off into a stone jug. Soak the soiled clothes over night, wring them out, and rub on plenty of soap. To one boiler of clothes, well covered with water, put a

Digitized by Google

cup full of fluid. Boil well, wash thoroughly, and rinse in two waters.

To remove Ink Stains.

The moment the ink is spilled, saturate the stain with milk, soak it up with a cloth and apply more milk, rub well, and soon the ink will disappear.

To take out Iron Rust.

Wet the spot in lemon juice, and put salt thickly over it, set it in the hot sun, and as the lemon juice dries squeeze on more.

To kill Roaches or Water Bugs.

Strew powdered borax about where they appear. If faithfully followed, this is a sure remedy.

Liniment for Rheumatism.

One pint of brandy, one pint of sweet oil, two ounces of laudanum, half an ounce of gum myrrh, half an ounce of camphor; put all together into a bottle, and shake it well.

To remove Freckles.

Two ounces of lemon juice, half a drachm of powdered borax, one drachm of sugar; mix together, and let it stand a few days. Rub on the face occasionally.

Digitized by Google

To make a Mustard Draft.

Take two-thirds mustard and one-third Indian meal, mix with the white of an egg or warm water to a smooth paste, not too dry, but so that it will easily spread on a piece of thick linen or cotton; put a piece of thin muslin on the side which is to go next the flesh.

Convulsions.

These are not unusual with children. Put immediately into a hot bath, in which put half a cup of mustard; then roll in warm woollen blankets, bathe the face and head in cold water, and as soon as possible give a teaspoonful of wine of ipecac every ten minutes until the child vomits.

Sore Throat.

No remedy has ever been used with more general satisfaction than Chlorate of Potassæ. One teaspoonful dissolved in a coffee-cup of hot water, and when cold gargle the throat every half hour or hour. There is no danger from swallowing a small quantity. A cold in the head is relieved by inhaling alcohol.

Cuts.

Wash the wound carefully, removing all dirt or foreign substances from it. Press the parts firmly together for *five minutes* by grasping with a towel; then bring the parts accurately together, and apply strips of spread adhesive plaster five or six inches

Digitized by Google

long, and about a third of an inch wide, well warmed so as to stick firmly. Cover the wound with a fold of soft linen, and apply a bandage firmly and evenly. If an artery has been wounded, the blood will be of a crimson color, and will flow with a beat like the pulse. In this case, apply at once to a surgeon.

Burns and Scalds.

If the skin is blistered so as to fill with water, puncture the blister with a needle at the lowest part to let out the fluid, always using extreme care not to remove or detach the skin; then cover with a sheet of cotton wadding, smeared with a mixture of equal parts of lime water and olive oil, to which a small quantity of carbolic acid may be added. This dressing should be retained until the burn is healed.

Fainting.

The countenance is pale, the pulse wanting or feeble. Place the person flat on the back, see that the clothing is loose, give plenty of fresh air, rub the limbs briskly, sprinkle the face lightly with cold water, and hold a bottle of ammonia *occasionally* to the nostrils. Give a stimulant if there is any tendency to a continuance or return of the fainting.

Epilepsy.

Usually the person utters a cry of distress, and falls; the face is purple and convulsed, the mouth filled with foam, the whole body jerking for a few moments. These attacks are usually due to some

Digitized by Google

derangement of the digestive organs, and are seldom dangerous unless long continued. They are very apt to recur in the same person. The only treatment *at the time of the attack* is to loosen the clothing, and place the person in a quiet, cool place. Much can be done by skilful medical treatment in curing epilepsy.

Fits, Unconscious Conditions, and Apoplexy.

These occur in people, most usually, who are full blooded, after excess in eating or a fit of anger. The countenance is red, turgid; the pulse is full, the breathing heavy or snoring, intelligence absent. Place the person in a position with the head and shoulders raised, apply to the head bits of ice in a napkin, or bags, rubbed over the head, *not kept in one position.* Put the feet in a pail of hot water with mustard, and bleed from the arm. It must be remembered that in any unconscious state there is danger from using excessive heat or cold.

Apoplexy should be placed in the care of a medical attendant as quickly as possible.

Marshall Hall's Ready Method in Asphyxia.

1. Treat the patient *instantly, on the spot,* in the *open air,* freely exposing the face, neck, and chest to the breeze, except in severe weather.

2. In order to *clear the throat,* place the patient gently on the face, with one wrist under the fore-

Digitized by Google

head, that all fluid, and the tongue itself, may fall forward, and leave the entrance into the windpipe free.

3. *To excite respiration* turn the patient slightly on the side, and apply some irritating or stimulating agent to the nostrils, as *veratrine, dilute ammonia*, &c.

4. Make the face warm by brisk friction, then dash cold water upon it.

5. If not successful, lose no time; but, to *imitate respiration*, place the patient on the face, and turn the body gently but completely *on the side*, and a little beyond; then again on the face, and so on, alternately. Repeat these movements deliberately and perseveringly *fifteen times only* in a minute. (When the patient lies on the thorax, this cavity is compressed by the weight of the body, and *expiration* takes place; when he is turned on the side, this pressure is removed, and inspiration occurs.)

6. When the prone position is resumed, make a uniform and efficient pressure along the spine, removing the pressure immediately before rotation on the side. (The pressure augments the expiration, the rotation commences inspiration.) Continue these measures.

7. Rub the limbs *upward* with *firm pressure*, and with *energy*. (The effect being to aid the return of venous blood to the heart.)

8. Substitute for the patient's wet clothing, if possible, such other covering as can be instantly procured, each bystander supplying a coat or cloak, &c. Meanwhile, and from time to time, to *excite*

Digitized by Google

inspiration, let the surface of the body be slapped briskly with the hand.

9. Rub the body briskly till it is dry and warm, then dash *cold* water upon it, and repeat the rubbing.

Avoid the immediate removal of the patient, as it involves a dangerous loss of time; also the use of bellows, or any *forcing* instrument; also the *warm bath*, and all rough treatment.

Cambridge: Press of John Wilson & Son.

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Mrs. Shaw's Receipt Book

Digitized by Google